

My Sacred Self

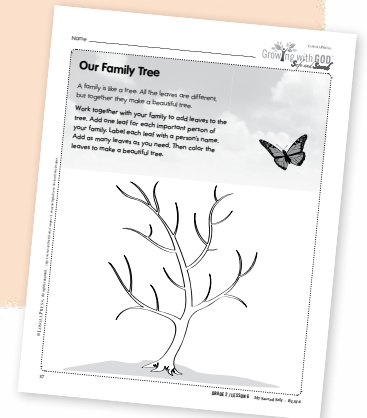
Identifying and Expressing Emotions

After school one day, remind your child that God gave us many different emotions to express how we are feeling. Tell your child the emotion you are feeling right now. Then ask your child to tell what he or she is feeling. Explain that everyone has emotions and that families help one another deal with their feelings.



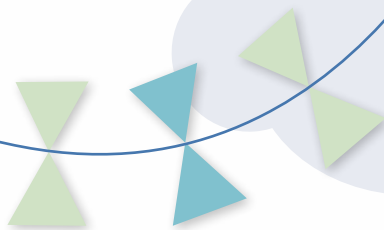
The Holy Family

Present a picture of the Holy Family and ask your child to identify the three people depicted and their relationships (e.g., Mary is Jesus' mother and Joseph's wife; Joseph is Jesus' foster father and Mary's husband). Then discuss the members of your family and their relationships. You might use the handout to complete a family tree that identifies each member of your family.



Family Time

Talk about how grateful you are to God for the time your family spends together. Tell your child about a favorite family activity you enjoy. Then ask your child to share the activity he or she enjoys doing most as a family.



Treating Family Members with Respect

Share examples of how members of your family try to treat one another with love and kindness. Explain that we need to express our feelings in a way that shows respect for those around us. Pray a prayer asking God to help your family strengthen its love by treating one another with respect. Begin and end the prayer by praying the Sign of the Cross.

Name _____

Our Family Tree

A family is like a tree. All the leaves are different, but together they make a beautiful tree.

Work together with your family to add leaves to the tree. Add one leaf for each important person of your family. Label each leaf with a person's name. Add as many leaves as you need. Then color the leaves to make a beautiful tree.

