

# My Sacred Self

## We Honor Our Bodies as Sacred Gifts of God

Because our bodies are gifts from God, we honor and care for them. During a quiet time, perhaps before bed, talk with your child about hygiene. Gently suggest good habits, such as flossing teeth or washing hair more often. Discuss how your child might incorporate these habits into his or her self-care routine.



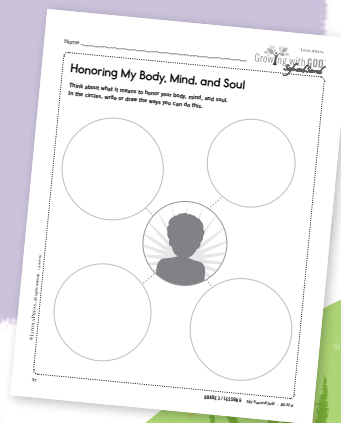
## Self-Care and Serving God

While taking a walk or enjoying a snack with your child, explain that caring for our bodies is one way we show gratitude to God for the gift of our bodies. Discuss how it is easier to serve God and others when we feel physically well.



## Gratitude for Our Gifts

Discuss the Honoring My Body, Mind, and Soul handout with your child. Point out that your child's body, mind, and soul are gifts from God. Together, make a gratitude list of the many wonderful things that your child's mind and body help him or her do. Invite your child to pray a prayer of thanksgiving. Conclude your prayer time by asking God to show your child how he or she can use his or her gifts to serve the Kingdom of God. Pray the Sign of the Cross together.



## We Use Our Gifts for the Glory of God

Your child has received unique gifts from God. Praise your child for how you have noticed him or her using those gifts to do God's work—for example, doing chores with a positive attitude or helping a younger sibling with a task. Encourage your child to be grateful for the many gifts he or she has been given.



Name \_\_\_\_\_

# Honoring My Body, Mind, and Soul

Think about what it means to honor your body, mind, and soul.  
In the circles, write or draw the ways you can do this.

