

My Sacred Self

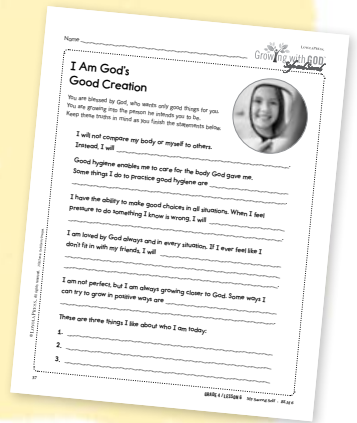
Bodies Change and Grow at Different Rates

Everyone grows at different rates and in different ways. Your child may be eager to grow up or may compare his or her own growth with that of others. Explain that everything happens in God's good time, and emphasize that you love your child just as he or she is.



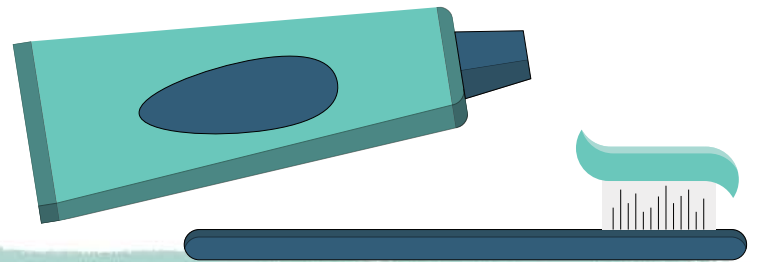
Good Creations of God

Use the I Am God's Good Creation handout to discuss how God wants only good things for your child, who is his treasured creation. Point out something that you appreciate about your child. Tell your child how proud you are of the way he or she is growing and learning to use the gifts that God has given him or her.



The Path of Self-Control

Talk with your child about how there may be times when his or her peers tempt him or her to do something wrong or dangerous. Pray with your child, asking God to give him or her the strength and the wisdom to do God's will.



We Care for Ourselves

Invite your child to share ideas for how he or she can take care of himself or herself physically, emotionally, and spiritually. Gently remind your child about the importance of personal hygiene and discuss how you can help him or her form good hygiene habits.



Name _____

I Am God's Good Creation

You are blessed by God, who wants only good things for you.
 You are growing into the person he intends you to be.
 Keep these truths in mind as you finish the statements below.



I will not compare my body or myself to others.

Instead, I will _____.

Good hygiene enables me to care for the body God gave me.

Some things I do to practice good hygiene are _____

_____.

**I have the ability to make good choices in all situations. When I feel
 pressure to do something I know is wrong, I will** _____

_____.

**I am loved by God always and in every situation. If I ever feel like I
 don't fit in with my friends, I will** _____

_____.

**I am not perfect, but I am always growing closer to God. Some ways I
 can try to grow in positive ways are** _____

_____.

These are three things I like about who I am today:

1. _____

2. _____

3. _____