

# God Creates Us

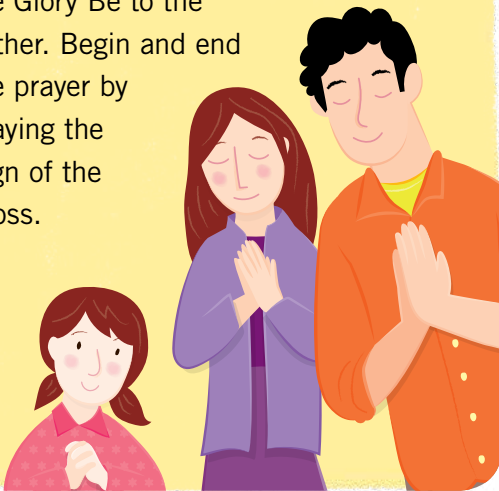
## Our Gifts from God

God creates each of us in his image and gives us gifts that make us remarkable and wonderfully different from one another. Name one of your child's wonderful gifts. Then invite your child to share some of the other gifts God has given him or her.



## Thanking God for Our Gifts

Take a few moments to share something you love and appreciate about your child. Remind your child that we thank God for the gifts we have been given. Then pray together the Glory Be to the Father. Begin and end the prayer by praying the Sign of the Cross.

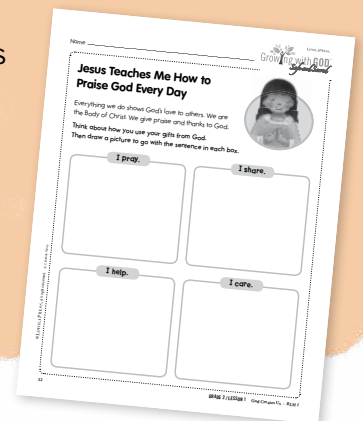


## We Are the Body of Christ

As members of God's family, the Church, we are the Body of Christ. We follow Jesus' example and use our gifts to show kindness, respect, and love to others. Tell your child about a way your parish helps others. Talk about how your child might use his or her gifts to serve God and others.

## Praising God Every Day

When we use God's gifts to express ourselves joyfully with our thoughts, words, and actions, we are giving praise and thanks to God. Invite your child to share the pictures he or she drew on the handout. Talk about other ways your child can use his or her mind and body to praise God joyfully every day, such as by singing, playing nicely with others, and doing kind acts for others.



# Boundaries

## Safe and Unsafe Secrets

Invite your child to join you in playing a “secrets” game, such as I Spy. During the game, talk about the differences between safe secrets and unsafe secrets. Share a safe secret you have kept, such as hiding a gift to surprise someone. Explain that we feel happy and excited about safe secrets. Point out that if we feel scared or upset about a secret, it is an unsafe secret. Emphasize that no one, particularly an adult, should ask your child to keep an unsafe secret.



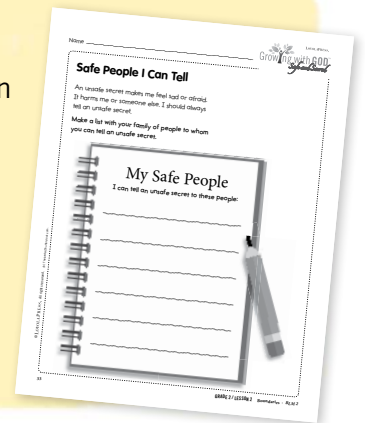
## We Feel Good When We Tell the Truth

We are closer to God when we tell the truth. Talk with your child about being truthful and always telling you about an unsafe secret. Explain that your child will feel better after telling you and that then you can help keep him or her safe.



## Safe People to Tell

Talk with your child about always telling you or someone you trust about an unsafe secret. Work with your child to complete the handout. Make a game of helping your child recall the names of people on the list.



## Asking for God's Help

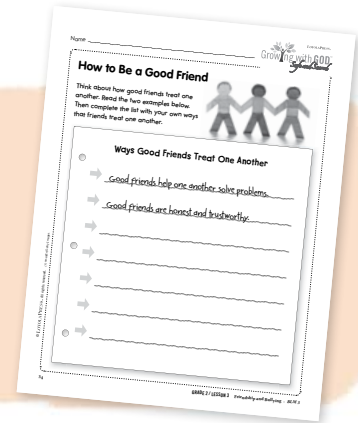
Explain that God loves us and wants us to be safe. We can ask God for help whenever we need it. Pray the Act of Faith, Hope, and Love or a prayer of your own with your child. Begin and end the prayer by praying the Sign of the Cross.



# Friendship and Bullying

## How to Be a Good Friend

Discuss with your child the qualities of a good friend. Ask your child to share what he or she wrote on the handout about ways good friends treat one another. Explain that Jesus teaches us to treat others the way we want to be treated.



## Thanking God for the Gift of Friendship

During prayer time, invite your child to name some friends he or she is grateful for. Then pray a prayer thanking God for the gift of friends. Include the names of the friends your child mentioned. Begin and end the prayer by praying together the Sign of the Cross.



## Being a Good Friend to Everyone

On your way to school or the bus stop, remind your child that God calls us to open our hearts to all his children. Ask your child if any children in class are sometimes left out or teased. Together think of ways your child might show respect and care for these children.

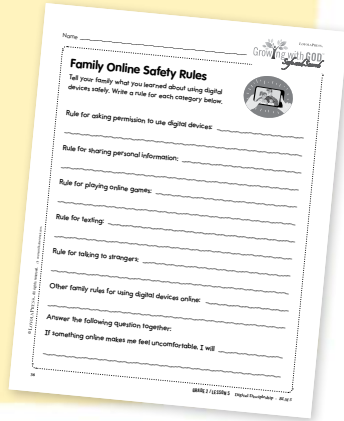
## Getting Along with Others

When your child is feeling calm and settled, talk about how it is sometimes difficult to show love and respect, especially when we're upset. Explain that friends don't always get along but God can help us let go of bad feelings and open our hearts to other people. Suggest that your child take a moment to breathe and talk to God when he or she is upset.

# Digital Discipleship

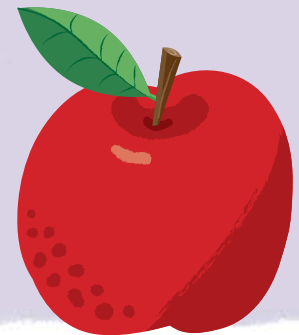
## Online Safety

Guide your child in using digital devices and the internet safely. Discuss your family's online safety rules or use the handout to establish your family's online safety rules. Ask your child if he or she has any questions about how to stay safe when using digital devices and the internet.



## Telling the Truth

Remind your child that it is important for him or her to be truthful about anything that happens online. During an after-school snack, explain that some people post inappropriate content online or may contact us online even if we don't know them. Instruct your child to tell you right away if he or she sees anything scary online or if someone you don't know contacts him or her.



## What Might Happen If We Make Unsafe Choices Online

It is important that children understand the possible consequences of making unsafe choices online. Discuss what might happen if your child shares a password with a friend or clicks on a link without asking permission first.



## Following Jesus' Example

Explain to your child that the gifts of wisdom and understanding we receive from the Holy Spirit help us follow Jesus' example of being loving and thoughtful when we are online as well as in person. Pray a prayer of your own, asking Jesus to help your child think before he or she makes choices online. Begin and end the prayer by praying together the Sign of the Cross.

# My Sacred Self

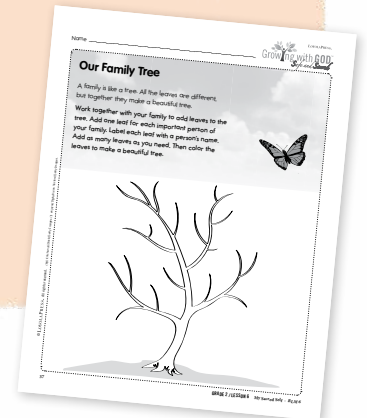
## Identifying and Expressing Emotions

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.



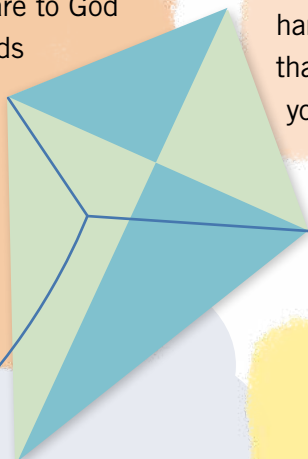
## The Holy Family

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.