

# God Creates Us

## Created by God

Explain to your child that God loves us just as we are. Tell your child that nobody in the world is like him or her. God made us exactly the way we are in order to carry out the unique plan he has for us. Then ask what your child likes best about the way God made him or her.



## The Physical Characteristics of a Person

Explain that God loves us and creates every part of us. Talk about the different parts of your child's body, such as eyes, ears, nose, hands, and mouth, and how your child uses each body part. Point out that everything God creates is good.

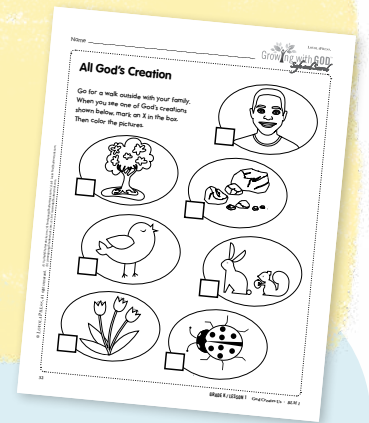


## Praying Together

At bedtime, review with your child how to pray the Sign of the Cross, praying the words and performing the prayer's gestures together. Then pray to thank God for creating our bodies and making them good so we can enjoy all his creation. Begin and end the prayer by praying together the Sign of the Cross.

## God's Many Creations

Go for a walk outside with your child and talk about some of God's wonderful creations that you see. You might want to bring the All God's Creation handout and a pencil with you and complete the handout together as you walk.



# Boundaries

## Kind Words

Discuss with your child how we can use our words in kind ways to ask questions, tell others our ideas, and pray. Explain that we use words in kind ways so other people know we care about and respect them.



## Kind Hands

Explain to your child that we do God's work when we use our hands to do kind things. Ask your child to help you with a simple task. Talk about other kind things your child does with his or her hands. Emphasize that God has given us amazing bodies so we can help and get along with one another.



## Having Our Own Space

Remind your child that we all need our own space and only people we invite in or give permission to should enter. Emphasize that your child should tell you right away if someone doesn't listen when your child says to stop or enters your child's space without permission and tries to touch or hurt your child.

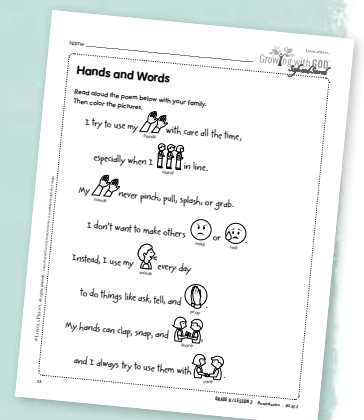


## Praying to Thank God

Pray together with your child to thank God for giving us hands to do kind things. Begin and end the prayer by praying the Sign of the Cross.

## Using Our Words, Not Our Hands

Explain that we need to respect people's space too and not touch other people without their permission. Remind your child that we use our words, not our hands, when we want something. Read aloud the Hands and Words poem on the handout. Then invite your child to color the pictures in the poem.



# Friendship and Bullying

## Part of a Family

God created families, and every family is important to God and loved by him. Discuss how your family helps one another and shows one another how to live in love and peace. Ask your child to tell you some things he or she loves about your family. Then pray together to thank God for your family and to ask for his help so each person is the best he or she can be every day.



## Showing Love for Your Family

Remind your child that Jesus obeyed and showed love for his parents. Discuss with your child ways to show love for your family, such as giving hugs, saying “I love you,” being kind, making something special, helping, and spending time together.



## Jesus’ Family and Your Family

Show your child a picture of the Holy Family and identify Mary, Joseph, and Jesus. Talk about how the Holy Family and all families are groups of people who love and care for one another. Ask your child to identify the members of your family and to tell how each person shows love and cares for the others.

## Family Story

Talk with your child about his or her favorite family story, such as a special family occasion, a funny event that happened during an outing, or an activity the family enjoys doing together. Invite your child to draw a picture that tells the story on the handout.





# Digital Discipleship

## Using Devices Safely and Carefully

Talk about the games and shows your child likes to play or watch using your family’s digital devices. Remind your child that it’s important to be responsible with our digital devices. Explain that we have three rules for using digital devices safely and carefully:

- *Be Careful:* Treat our devices with care. Never give your name or other personal information online.
- *Be Kind:* Share our devices with other family members. Take turns politely.
- *Ask Permission:* Always ask a parent or caregiver before going online. Always ask if it’s OK to click on a link online.



## Making Good Choices

Ask your child to tell you some good choices he or she can make when using digital devices. Talk about taking turns, being careful with the device, and not using others’ devices without asking.



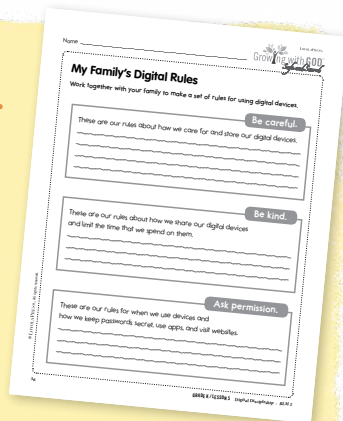
## We Are Precious to God

Remind your child that God loves us dearly and calls us to make good choices when we use our digital devices. Pray the following prayer with your child. Begin and end the prayer by praying the Sign of the Cross.

*Dear God,  
I am precious to you.  
Help me be wise and follow the rules  
so I can stay safe.*

## Family Rules

Work together with your child and other family members to make a set of rules for using digital devices. You may wish to complete the handout with your child.



# My Sacred Self

## God's Precious Gift of Life

Tell your child that all of God's creatures have babies, and the babies often look like their parents. Explain that unlike some animal babies, human babies need to be cared for and taught. Share some of the things you did for your child as a baby. Ask your child to tell you some things he or she has learned to do for him- or herself.



## The Holy Family and Your Family

Explain that the Holy Family and your family are precious gifts from God. Tell your child that you are thankful to God for your family. Discuss some of the ways your family members care for and help one another.

## Welcomed and Loved

Tell your child that he or she was welcomed into your family, just as Mary and Joseph welcomed baby Jesus. Together, look at family photos that include your child as a baby. Share the story of how your child was welcomed into the family.



## Asking for Mary's Help

Explain that we can pray to Mary, Jesus' mother, and ask her to pray for us. Pray aloud the Hail Mary with your child. Begin and end by praying the Sign of the Cross.



## Welcoming a Friend

Talk with your child about welcoming others. Explain that we greet others joyfully so they know we are happy to see them. Ask your child how he or she might welcome a new friend. Then invite your child to color the Welcome picture on the handout.

