



Growing with GOD™

Safe and Sacred

LESSON 2
Boundaries

In This Lesson

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What the Church Says About

The Moral Development of Children

Parents always influence the moral development of their children, for better or for worse. It follows that they should take up this essential role and carry it out consciously, enthusiastically, reasonably and appropriately.

Pope Francis,
Amoris Laetitia, 259 (2016)

A Sacred Gift

Can you remember what your experiences were in fourth grade in regard to your body and your privacy? Did your parents teach you about body boundaries and how to respect them or teach you that your body is a temple for the Holy Spirit? Think about what you knew, or perhaps wish you had known, about your body and privacy expectations when you were in the fourth grade.

The body is a temple for the Holy Spirit.

We are reflections of God’s loving and holy nature. God gave each of us the sacred gifts of a unique soul to animate a capable and irreplaceable body. You set the tone in educating your child about his or her body and how to respect it as a gift from God.

This fosters an atmosphere of trust so that your child will feel more comfortable coming to you with questions or problems.

Children need clear instruction from a parent that we do not allow anyone to cross the boundaries we have set for our bodies, and we do not cross the boundaries of others. Teach your child the anatomically correct names for body parts to promote clear communication and understanding. Explain to your child that he or she is always worthy of being treated with respect by everyone. Encourage your child to tell a trusted adult if someone makes him or her uncomfortable.





3 minute
RETREAT

As he who called you is holy, be holy yourselves in every aspect of your conduct.

1 Peter 1:15

Reflection

Our bodies are temples of the Holy Spirit. When we treat our own bodies and the bodies of others as living shrines for the presence of God in every circumstance, we reflect his loving and holy nature.

Questions

How can I reflect God's holiness in my interactions with my child today?
How may I encourage my child to reflect the holiness of God through his or her actions?



Prayer

Speak to God, using this prayer or one of your own.

Holy God, you created us to shine before everyone as examples of your holiness. Help me respond to your grace as I seek to fulfill this vocation.

Lead Your Child to Grow with God: Spiritually, Socially, and Physically

Spiritual Have a conversation with your child about self-regulation: the ability to independently make decisions according to what he or she knows to be right as opposed to just giving in to wishes or impulses. Explain that showing self-regulation is a sign of maturity and love for the Lord.



Social Encourage your child to express his or her feelings, whether they are positive or negative. Teaching how to identify different emotions, how to discern the reasons behind

them, and how to appropriately cope with them will have a positive effect on your child's relationships.

Physical Your child may enjoy keeping a daily or weekly journal about ways he or she honors the body as a temple for the Holy Spirit. For example, your child could describe random acts of kindness done for others on one day and list hygiene activities another day. Encourage him or her to have fun with it.

Safe and Sacred at Home



The Prayer List (Loyola Press)

by Jane Knuth

I never stop praying that every one of my children finds his own illuminated, sacred path to God. There are many such paths, but my children can follow only their own initiative and convictions. God's will, however, is above all.

Big Ideas

In Lesson 2, your child will:

- determine his or her personal body boundaries.
- demonstrate understanding of the body as a temple of the Holy Spirit.
- identify common bullying behaviors.
- define *unity* and *personal boundaries*.

Words to Know

unity · *The state of being in harmony or in agreement*

personal boundaries · *The limits or rules one sets to define what is reasonable, safe, or permissible, and how one will respond if those boundaries are not honored*

Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.

Name _____


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Safe and Sound

LESSON 2 Boundaries

Body and Soul

We can think of the human body as a temple—a unity of body and soul. Your body and soul have been given to you by God, and He calls you to treat them in ways that reflect His love and holiness, just as you would treat a sacred space such as a temple.

For each person attribute below, write a list of things you can do to show that your body is a temple of the Holy Spirit. For example, your face can smile to show kindness. Your arms can hug to demonstrate support.



My Hands

My Feet

My Mind

My Mouth

GRADE 4 / LESSON 2 Boundaries - Worksheet 2 / Side A

STEP 1 ENGAGE & EXPLORE

Your child has been learning about the unity of the body and soul and exploring the concept that the body is a temple for the Holy Spirit.

SAY: Your body and soul are precious gifts given to you by God. They are interconnected.

What happens to one is naturally reflected in the other. Talk with your child to get a sense of his or her understanding of this concept. Explain that when our bodies are harmed in any way, our souls are affected. Also make the point that when our bodies are treated as sacred, our souls are nurtured.

SAY: We can feel happy when we respect our bodies and use them in ways that honor God. It feeds our souls to know that we are serving God's kingdom.



Bringing the Lesson Home *(continued)*

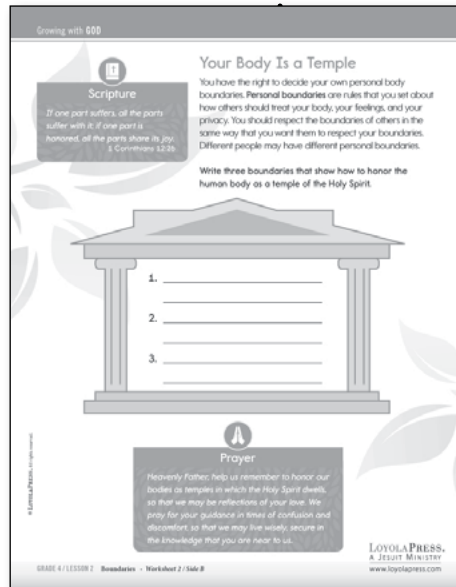
STEP 2 REFLECT & RESPOND

Read or complete Side B of the worksheet with your child.

SAY: Every person has his or her own body boundaries. Talk casually with your child about how some people like to hug while others prefer to shake hands and still others prefer not to be touched. Make the point for your child that honoring a person's body boundaries shows honor for the Holy Spirit within that person.

Ask your child to tell you about the body boundaries he or she listed on Side B of the worksheet. Make specific observations about how your child's ideas show how to honor the body as a temple.

SAY: My hope for you is that you always treat yourself—and expect to be treated by others—in a way that honors the Holy Spirit within you. Let's pray together now. Pray aloud the prayer from the Pray Together feature or one of your own. Begin and end the prayer with the Sign of the Cross.



Pray Together

Heavenly Father, thank you for sending the Holy Spirit. Help us to act according to our conscience in all circumstances so that we may honor our bodies as temples.

