

PARENT COMMUNICATION



Dear Parents,

Your child will be learning Theology of the Body (TOB) this year. These supplemental lessons will be taught alongside our religion curriculum. TOB is an understanding of what it means to be human. Together, we will discover the very foundations of our authentic identity as human persons created in the image and likeness of God, male and female.

Why are we here? What does it mean to love? How do we find real happiness?

Through prayer, stories, thought-provoking questions, and activities we will begin to explore the wonderful answers to life's questions through the lens of God's design, plan and purpose.

WHAT TOB IS...


TOB is an integral understanding of the human person developed by Pope St. John Paul II, published under the title ***Man and Woman He Created Them: A Theology of the Body***. These Scripture-based reflections about God's original design for the human person provide a needed Christian anthropology for our times. TOB conveys the inestimable worth and dignity of the human person and the road to happiness, which involves the gift-of-self, communion with others and with the Blessed Trinity.

WHAT TOB IS NOT...

- A chastity program
- Sex education
- Only focused on human sexuality
- A bunch of rules
- Just for married people
- Just for young people



The body, in fact, and only the body, is capable of making visible what is invisible: the spiritual and the divine. TOB 19:4

Stay up to date with the TOB lessons your child is learning in the classroom. Look for the  (leaf) at the bottom of your child's worksheets to see a summary of their current TOB lesson labeled "THEOLOGY OF THE BODY TIDBITS."

Want to learn more? Visit RuahWoodsInstitute.org/Parents to view a TOB parent presentation.



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WHAT THEOLOGY OF THE BODY (TOB) THEMES WILL MY CHILD LEARN THIS YEAR?

Your child is about to begin a beautiful journey to discover who they are as a human person created in the image and likeness of God as male or female with a plan and a purpose. The *Ruah Woods Institute's K-5 Curriculum* uses classic children's storybooks to bring to life 12 age-appropriate Theology of the Body themes as outlined in the Standards for Christian Anthropology.

Why classic children's stories?

Classic children's stories provide a unique and memorable experience. Dr. Andrew Sodergren, Director of the Ruah Woods Institute's psychological services affirms that utilizing story as an educational tool is an exceptional method to teach TOB to children. Teaching through story engages both sides of the brain. Additionally, this method is modeled after Pope St. John Paul II's approach. Pope St. John Paul II, the second longest sitting Pope, and now a great saint, often stated, "Faith must become culture." When elaborating further he said, "Faith that does not become culture is not wholly embraced, fully thought, or faithfully lived."

The Greatest Teacher to ever live, Jesus Christ, used parables and Jewish stories to teach deep, universal truths regarding the greatest of all God's creations, the human person. Jesus did not use the words of learned scholars, but spoke in everyday language about everyday things so that his audience could relate and draw conclusions more readily. Jesus taught through the use of easily recognized mental images such as birds, seeds, farmers, lamps, kings and queens.

We will use this proven method of teaching to introduce your kindergartener to 6 TOB themes this year:

1. **Creation is a Gift** – Your child will come to understand that all of creation is a gift given to the human person from a good and loving God, who designs everything with order and meaning (TOB 13:2-3; CCC 301, 356).
2. **Original Solitude** – Your child will learn that it is unique to the human person to care for creation. They will recognize that the human person has a special relationship with God in comparison to animals (TOB 6:4, 5-6; CCC 307, 358, 373, 380).
3. **Communion of Persons** – Your child will learn that the human person is made in the image and likeness of God who is a relational being, one God in three persons (TOB 5-7, 9:2-9:3, 1:1; CCC 299, 343, 355-357).
4. **Purity of Heart/Virtue** – Your child will compare the special God-given dignity of man's work to the activity of animals (cf TOB 5:4; CCC 307, 342-343, 378).
5. **Body-Soul Unity** – Your child will learn that their body is a gift from God and that they need their bodies to do physical actions and to express their thoughts (TOB 67; CCC 1015).
6. **Original Unity** – Your child will learn that God made boys and girls alike and different by discovering the unique ways they live out their identity and relationships within the gift of family (TOB 10:1; CCC 221).

