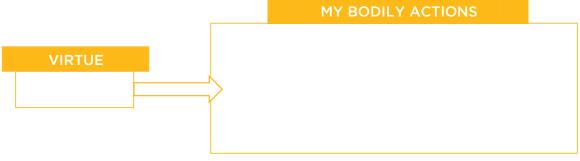
## VIRTUES ARE EXPRESSED THROUGH THE BODY

## **BODY-SOUL UNITY**

Name:
1) A is a power and a to do what is
2) Virtues help us to live lives and become more like
3) Virtues are expressed by our actions.

Directions: Choose two of the virtues from the box below and write them in the boxes under the VIRTUE column. For each virtue, write one way in which your bodily actions can show that virtue.

## VIRTUE MY BODILY ACTIONS MY BODILY ACTIONS





## THEOLOGY OF THE BODY TIDBITS...

We cannot see or touch virtues, but they are important and real capacities we have to choose to do good. Virtues can be experienced through expressions and actions we do with our bodies. Help your child to value and seek to grow in virtue by repeated effort — making good choices again and again is true freedom.