

# VIRTUES ARE EXPRESSED THROUGH THE BODY

## BODY-SOUL UNITY

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.

LOVE, FORTITUDE, PATIENCE, HUMILITY,  
KINDNESS, GENEROSITY, OBEDIENCE

VIRTUE	MY BODILY ACTIONS
<input type="text"/>	<input type="text"/>

VIRTUE	MY BODILY ACTIONS
<input type="text"/>	<input type="text"/>



### 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.