

My Body Is Me

PRO TIP
Download other grades for alternate activities!

CONNECTIONS TO THE CATECHISM OF THE CATHOLIC CHURCH

CCC 364-366, 371

MATERIALS

- ▶ Two different books/plush toys/other small items
- ▶ [Choices I Can Make, and Choices God Makes](#)
- ▶ [My Body Shows Who I Am](#)

CHRISTIAN ANTHROPOLOGY STANDARDS

3.8.1 TOB Relate how the body reveals the person. (TOB 14:4; CCC 364-366, 371)

SUGGESTED TIME

20 minutes

Teacher Background

God creates each person male or female. Sex is determined at conception, observed in utero or at birth, and never changes. Throughout the plant and animal kingdoms, there are only two sexes. An organism is either male or female, and this is defined by the type of gamete, or reproductive cell, that it produces: sperm or ova. Females produce large-cell gametes, (ova, or egg cells), and males produce small gametes (sperm). There is no third type of gamete, or any other sex.



HOW DOES THIS LESSON HELP INOCULATE STUDENTS AGAINST GENDER IDEOLOGY?

Transgender ideology puts forth that “gender identity” or “gender expression” are self-determined. But the truth is that our body reveals our sex, and that sex is an unchanging, biological fact that is genetically determined and reflected in every cell of the body.

Activity

- A. Begin by talking for a moment about what it means to make a choice. Hold up two different books, plush toys, or other small items, and ask the class which they would choose.
- B. Ask students to raise their hands and share a choice they made today.
- C. After calling on a few students to share, explain the following:
 - a. Some choices have to do with our favorites, or preferences. We might choose to play a board game over a video game, or to ride a bike rather than roller skate.
 - b. We can also make choices about ourselves and we will act. We can choose to be kind to our siblings, or to help someone who needs help.
 - c. We can make choices about how to use our gifts and talents: we can choose to be a soccer player, a violinist, or an artist.
 - d. There are other things about ourselves that we cannot choose, because God chooses them. Some of these include our birthday, whether we have blue, brown, or green eyes, or whether we are a girl or a boy.

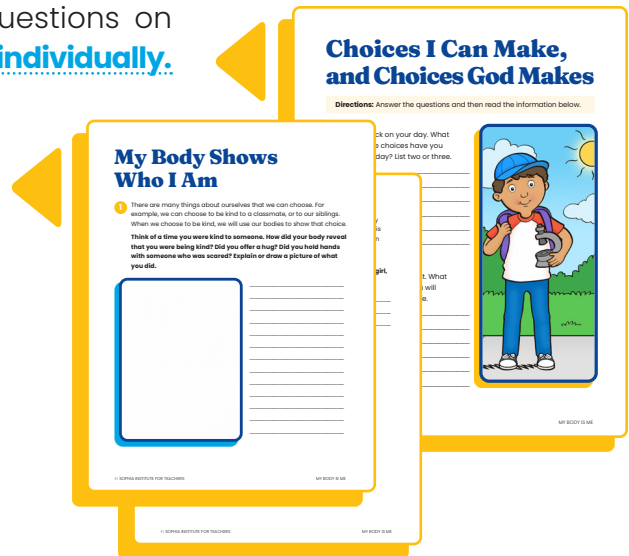
E. Continue to explain that being a girl or being a boy is something very special. It is an important part of who we are. In the beginning, God made human beings male and female. When God made the first man, Adam, He did not want Adam to be alone. He made a helper, or partner, for the man. That was the first woman, Eve. Men and women are equal in dignity, meaning God loves us just as much whether we are a girl or a boy. Girls are not better than boys, and boys are not better than girls. But we are different. When a man and woman unite in marriage, their love creates life. Their differences complement each other, and are a beautiful part of God’s design.

F. Have students complete the first three questions on **Choices I Can Make, and Choices God Makes Individually.**

G. Then read aloud the information on **My Body Shows Who I Am.** Give students a few moments to draw their pictures and compose their prayers, and ask if anyone would like to share.

H. Take care NOT to introduce the wrong idea that students should wonder if they are a girl or a boy. However, if a student asks about someone who is identifying as transgender, you could add:

“I know Jane [be sure to use her given name and grammatically-correct pronouns for her sex] from your class is confused about her sex right now. We will pray she and her parents will get through this and that Jane realizes she is wonderful just as God made her to be.”



Choices I Can Make, and Choices God Makes

Directions: Answer the questions and then read the information below.

1 Think back on your day. What are some choices have you made today? List two or three.

Answers will vary.

2 Think ahead to tonight. What are some choices you will make? List two or three.

Answers will vary.



My Body Shows Who I Am

1 There are many things about ourselves that we can choose. For example, we can choose to be kind to a classmate, or to our siblings. When we choose to be kind, we will use our bodies to show that choice.

Think of a time you were kind to someone. How did your body reveal that you were being kind? Did you offer a hug? Did you hold hands with someone who was scared? Explain or draw a picture of what you did.

STUDENT WORKSHEET ANSWER KEY

- 2 There are many things about ourselves that we can choose. And some things God chooses for us, such as whether we are a girl or a boy. Just like our body reveals some choices we make, our body reveals whether we are a boy or a girl. Being a girl or being a boy is something very special. It is an important part of who we are. Even before God made you, He knew who you would be, and He had a plan for you. He loves you as the person He made you to be.

Write or say aloud a prayer, thanking God for the gift of being a girl, or the gift of being a boy.

Individual prayers will vary but should include a mention of gratitude for being a boy, or being a girl.



My Body Is Me

Choices I Can Make, and Choices God Makes

Directions: Answer the questions and then read the information below.

1 Think back on your day. What are some choices have you made today? List two or three.

2 Think ahead to tonight. What are some choices you will make? List two or three.



My Body Shows Who I Am

1 There are many things about ourselves that we can choose. For example, we can choose to be kind to a classmate, or to our siblings. When we choose to be kind, we will use our bodies to show that choice.

Think of a time you were kind to someone. How did your body reveal that you were being kind? Did you offer a hug? Did you hold hands with someone who was scared? Explain or draw a picture of what you did.

2

There are many things about ourselves that we can choose. And some things God chooses for us, such as whether we are a girl or a boy. Just like our body reveals some choices we make, our body reveals whether we are a boy or a girl. Being a girl or being a boy is something very special. It is an important part of who we are. Even before God made you, He knew who you would be, and He had a plan for you. He loves you as the person He made you to be.

Write or say aloud a prayer, thanking God for the gift of being a girl, or the gift of being a boy.

