

# Our Bodies Are Good

**PRO TIP**  
Download other grades for alternate activities!

## CONNECTIONS TO THE CATECHISM OF THE CATHOLIC CHURCH

CCC 456–458, 606–607, 618

## MATERIALS

- ▶ Optional: A set of small animal toys, and one girl and one boy doll.
- ▶ [Set Apart](#) worksheet (one per student)
- ▶ [Self-Portrait](#) worksheet (one per student)
- ▶ Crayons, markers and/or colored pencils

## CHRISTIAN ANTHROPOLOGY STANDARDS

3.2.1 TOB Give examples of man's unique relationship with God as set apart from the rest of creation: naming the animals, cultivating the earth, and choosing between good and evil. (TOB 5:4, 6; CCC 343, 356, 373, 378)

## SUGGESTED TIME

20 minutes

## Teacher Background

God Himself is an eternal exchange of love between the three Persons, and He has destined His children to share in that love. He created men and women in His image and likeness, set them apart from the rest of creation, and gave them special privileges and responsibilities. Created in God's image, man is thus also created for this communal exchange of love. This exchange of love occurs with all persons in the human family, and, in a particular way, within the context of the family, where the love of a husband and wife is manifested in the begetting of children.

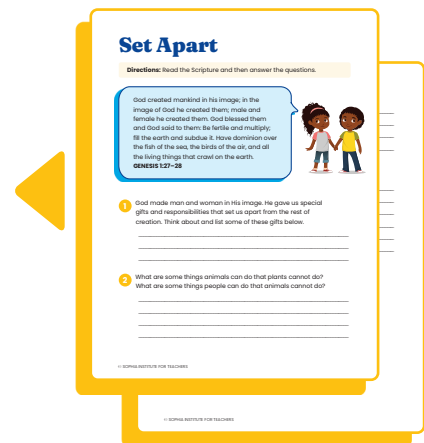


### HOW DOES THIS LESSON HELP INOCULATE STUDENTS AGAINST GENDER IDEOLOGY?

Gender ideology asserts that our bodies are tools for self-expression, and that they can be manipulated and controlled. But students will learn the truth is that their body is part of who they are. God loves them, and God loves their body. We all have the duty to lovingly care for creation, so life may flourish.

## Activity

- Explain the following to your students: God created men and women in His image, set apart from the rest of creation. Only human beings are made in God's image and likeness. Human beings alone can know and love our creator. We can see this very special and unique relationship of love that God has with mankind from the very beginning. God gave Adam and Eve the important privilege and responsibility of naming the animals, and cultivating the earth. Cultivating the earth means caring for it, so that it will bring forth the things we need to live, such as plants and animals. In this way, Adam and Eve would cooperate with God and each other in nurturing life and all the gifts of creation.
- Optional:* If you have them available, spread out a selection of small animal dolls, such as small plush toys or plastic figures, and arrange them with the dolls, Adam and Eve, in the center. Then explain that by setting them apart, it means that God said they were special. They were different from all the animals. And they would be treated differently because of their special nature.
- Distribute the [Set Apart](#) worksheet to your students. Read aloud **Genesis 1:27–28** and ask if anyone noticed anything in the Scripture that was similar to what you just discussed. Then have them complete the activity. Ask students to share their responses when they are finished. Use the answer key to guide discussion.



- D.** Explain that each one of them was created in God’s image and this means they are loved and created to share in God’s love. All of God’s creation is good. Our bodies are part of God’s creation! God made every part of their body, and every part of their body is good. Their body is a precious part of who they are. God loves them, and He loves their body. We should love and care for our own bodies the way God would want us to—with love.
- E.** Finally, distribute the **Self Portrait** worksheet, and make crayons, markers and/or colored pencils available to your students to complete the activity.
- F.** Circulate around the room admiring students’ work. Say each students name, and remind them they are a son or daughter of God. For example, “That’s a beautiful drawing. Jane, you are a wonderful daughter of God.”



# Set Apart

**Directions:** Read the Scripture and then answer the questions.

God created mankind in his image; in the image of God he created them; male and female he created them. God blessed them and God said to them: Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that crawl on the earth.

**GENESIS 1:27–28**



- 1 God made man and woman in His image. He gave us special gifts and responsibilities that set us apart from the rest of creation. Think about and list some of these gifts below.

Only human beings are made in God's image and likeness. Human beings alone can know and love our creator. God gave Adam and Eve the important privilege and responsibility of naming the animals, and caring for the earth so the living things we need can grow, such as plants and animals.

- 2 What are some things animals can do that plants cannot do?  
What are some things people can do that animals cannot do?

Allow discussion. A major difference between plants and animals is that animals can move freely whereas plants cannot, because they are rooted. The most important difference between humans and other animals is that humans are made in God's image and likeness. We alone can know and love our creator.

## STUDENT WORKSHEET ANSWER KEY

- 3 What are some responsibilities people have towards the rest of creation? Why?

To care for it. Creation is a gift. God gave people this duty to care for the gift of creation so that living things (including, of course, human beings!) will be able to flourish.

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- 4 Our bodies are part of God's creation. What does this mean for how we should care for our bodies?

We should care for it lovingly, so our own bodies can flourish.

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# Self-Portrait

You were created in God's image and likeness. This means you are deeply loved by Him. All of God's creation is good. God made every part of your body, and every part of your body is good. Your body is a precious part of who you are. God loves you, and He loves your body. We should all love and care for our own bodies the way God would want us to – with love.

**Directions:** Draw a self-portrait of yourself as God sees you – God made you in His image, and He loves you.

Drawing will vary but should convey somehow the idea that God loves them and sees them as a beloved son or daughter. As students draw, remind them that God loves them as the boy or girl He made them.

# Our Bodies Are Good

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