

Respect

LIFE WEEK

He's Got the Whole World in His Hands

A Lesson in Respecting Ourselves as Gifts from God

Grades 1-3 Lesson

Goal: Students will learn that taking care of ourselves is part of the call to holiness. God has created us body and soul to praise him through both. Activities will reinforce the themes of promoting personal health, understanding emotions, and recognizing God's personal plan for each person.

Diving into Dignity

Human dignity is **inalienable**. This means dignity cannot be given to us or taken away from us. Even if others treat us poorly, we still have the special value as human persons called dignity. No one can take this away from us. Today we'll learn more about our own goodness and learn to respect ourselves.

Based on the Human Dignity Curriculum (World Youth Alliance)

Lesson: Begin by explaining that God created each person individually, because he loves each person so much. God created people different from the rest of creation—we have both bodies and souls. We cannot see our souls, but we know they are there because they are the part of us that talks with God. Our bodies can honor God. Since God created our bodies, He wants us to use them well to serve him. That means eating healthy, getting plenty of exercise, making sure we have a good night's sleep, and talking to others when we feel sad or angry.

Discussion:

Does God care what we eat? Why or why not?

Is it important to God that we keep ourselves as healthy as we can?

What are other ways we can take care of ourselves?

Watch: [“When God Made You”](#)

Who did God create you to be? (Name some things that make you special).

God knew you before anyone else! What does He think about you?

Does God have a special love for every person?

God created each and every person with a specific plan in mind. He created us all different, with unique gifts. No one person is perfect, but everyone has some things they are good at and some things they find difficult. God does not expect us to be perfect or to look or act like anyone other than ourselves—the person he created us to be. But, we do have a responsibility to love ourselves and treat our bodies with respect all the time. Our lives are a gift from God.

Have you ever made or bought a gift for someone that you thought was really special? Maybe something that took you a long time to make or that you had to do chores to earn money to buy? Do you remember what it felt like to give your gift away, hoping the person you gave it to would love it and know how much you wanted them to have it?

God created you!—as a gift to the world. God can't wait to share you with the world because He thinks you are so amazing. What can you do to show God that you appreciate His amazing gift of life?

Activities:

Turn a Bad Day into a Good Day: “Turn on Some Music” activity. Challenge students to try to remain immune to the mood-busting power of fun music. Turn on some favorite music. Then let the kids dance and share how the music made them feel.

Healthy Habits for Life activities can be found [here](#).

Watch: [“One in 7 Billion”](#)

There are 7 billion people on earth but God sees and cares about *you* in a special way. He wants us to believe that He loves us and to know that we are special in His eyes. When we know this, we will take care of ourselves – our bodies and souls!

Prayer:

Heavenly Father, You created each and every person who is alive today and who has ever lived. Every one of us is created because You love us. Help us to appreciate Your gift of life. Help us to always respect our bodies and our lives as gifts from You. Let our eyes see the beauty of the world You created. Let our minds understand the great mysteries of creation. Let our hearts feel the love You have for each of us and share that love with others. Amen.

Lesson adapted from the plans on the Archdiocese of Los Angeles Office of Life, Justice and Peace website