

## TRY THIS AT HOME!

### A THEOLOGY OF THE BODY LESSON FOR THE HOME



1. Read *Saint George and the Dragon* retold by Margaret Hodges. This fairy tale is full of symbolism; the knight is a Christ figure who slays the evil dragon destroying the land. He is able to destroy the dragon with help from Una, who is a symbol of truth.
2. Ask your child a few questions about the story. Here are a few suggestions:
  - What was happening in the kingdom when the knight arrived?
  - Who in this story makes sacrifices? Who chooses what is difficult? Who is courageous and faithful?
  - Should the knight have avoided the fight with the dragon?
  - In what way do you think the red cross on the knight's shield might be symbolic?
  - Why are the people drawn to the knight and excited about his coming?
3. At the end of the story, choose one of the following activities:



Study the lives of a few saints special to your family. Discuss how they lived a life of virtue and made good choices even when it was difficult. Consider St. George and St. Joan of Arc.

Create a shield or family crest with symbols that represent your family history and values.

This book is based on a longer poem. Write a poem together as a family that highlights heroic virtue.

4. Pray with your child; you might consider St. Augustine's Prayer to the Holy Spirit.

### HOW DOES THIS STORY TEACH THEOLOGY OF THE BODY?



Original unity is one of the three original experiences that John Paul II highlights in Theology of the Body. Original unity refers to the fact that we are created both male and female as an image of the Triune God. This reveals that we are made to be in relationship with others. Through our body we can convey emotion, speak to each other, give hugs and even cooperate with God to create new life. As human beings we need each other, not just because another person helps make life easier but also because we learn more about who we are in relationship with others.