



BACKGROUND

Faith is often something we receive long before we fully understand it. It is shared with us by parents, grandparents, teachers, godparents, parish community members, and others who have shown us what it means to follow Jesus. Their words, actions, and love help us grow into the people God created us to be. In the Sacraments of Initiation (Baptism, Confirmation, and Eucharist) we become part of God’s family and are strengthened to live out our faith:

- Baptism welcomes us into the family of God.
- Confirmation empowers us with the gifts of the Holy Spirit to follow Jesus bravely and faithfully.
- Eucharist unites us deeply with Christ and with one another as the Body of Christ, called to love, serve, and bring hope to the world.

This activity helps families reflect on the gift of faith and the unique role each person plays within the Body of Christ and their identity as a Child of God.

INTRODUCTION

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It also may provide parents with the opportunity to affirm their child for the wonderful qualities they have.

INSTRUCTIONS

Materials:

- Sheets of paper
- Scissors
- Crayons, pencils, or markers

Steps:

1. Create the Paper Person
 - Fold the paper accordion-style.
 - Draw a simple person outline on the top fold, making sure the hands reach the edges.
 - Cut around the outline—but do not cut the hands apart.
 - Unfold to reveal a chain of connected people.
2. Reflect on Connection
 - Discuss how the connected paper people represent the Body of Christ—each person unique, yet joined together.
 - Explain that in the Church we are never alone; we are part of something greater.
3. Add Personal Contributions
 - On each figure, invite children to write or draw one gift, talent, or way they can share God’s love (e.g., kindness, helping others, praying for people, using artistic talents, being a peacemaker).
 - Invite parents to suggest qualities they see in the child
4. Share
 - If comfortable, invite children to share one of the gifts they added.



