

## Make up Session for Confirmation 1 Session 7 – The Gift of the Body

Please complete the following activities and then submit the responses on a pdf to [rhernandez@holyfamily.org](mailto:rhernandez@holyfamily.org).

#1 – Design your dream room or dream car. You can do this by either drawing out the design or describing the design. Try to think of every detail as you design your dream bedroom or dream car. Submit the design with the answer to these two questions:

- 1) What does the design say about the function of the room/car?
- 2) What does the design say about you (the designer of the room/car)?

#2 – Watch the following video on YouTube with a parent.

<https://www.youtube.com/watch?v=hkcEK8HI6Ds>

Once you have finished watching the video, answer the following questions:

- 1) What is the first thing you wanted to be when growing up?
- 2) What stood out to you most in the video? Why?
- 3) What are three words, activities, or interests you would use to describe yourself?
- 4) If someone only knew those three things about you, would it be enough to know you completely?
- 5) How do you see people treat each other in our culture or in your school? Do people treat each other like children of God with dignity? Why or Why not?
- 6) Do you find it difficult to see your own value or worth? Why or Why not?