



ABOUT THE QUINTIVIUM

A New Pillar of Classical Education

THE ARGUMENT

For over two millennia, Western classical education has rested on two pillars: the Trivium (Grammar, Logic, Rhetoric) — the arts of language and truth — and the Quadrivium (Arithmetic, Geometry, Music, Astronomy) — the arts of number and beauty. Together, these seven liberal arts have formed minds capable of extraordinary achievement. But they leave unanswered the deepest question of formation: Who is the person being educated? And how shall that person live?

The Quintivium proposes a third pillar — five arts of the human person — that completes the classical inheritance by restoring the transcendental of Goodness to its proper place alongside Truth and Beauty.

THE THREE PILLARS

Trivium (Truth): Grammar, Logic, Rhetoric — the arts of language

Quadrivium (Beauty): Arithmetic, Geometry, Music, Astronomy — the arts of number and harmony

Quintivium (Goodness): Body, Mind, Ethics, Theology, Politics — the arts of the human person

Together, twelve liberal arts form a complete education — not merely of the intellect, but of the whole person: body, soul, and community.

THE FIVE ARTS

1. Body — The art of knowing the body. Object: the human body as created, fallen, and redeemed. The body is the gateway to all knowledge, for as Aquinas taught, nothing enters the intellect except through the senses.

2. Mind — The art of knowing the soul and its interior life. Object: intellect, will, passions, habit, and memory. The mind is not merely the brain — it is the whole interior person, ordered toward truth and love.

3. Ethics — The art of human action and virtue. Object: the moral act. What is good? What ought I to do? Ethics flows naturally from self-knowledge — a person who understands her body and mind is prepared to act rightly.

4. Theology — The art of the divine relation. Object: God as known through reason and revelation. Ethics, honestly pursued, opens upward to the source of all goodness. Theology is not an addition to education but its summit.

5. Politics — The art of the common good. Object: human society and its just ordering. Theology, rightly received, sends the person outward to serve. No person is educated in isolation — formation is completed in community.

THE ORDERING PRINCIPLE

The five arts follow the natural arc of human development and experience: Body to Mind, Mind to Ethics, Ethics to Theology, Theology to Politics. This is not arbitrary. It mirrors the journey of every human soul from first awareness to mature wisdom. The child begins with sensation (Body), moves inward to thought and feeling (Mind), discovers the moral law written on the heart (Ethics), looks upward to the Author of that law (Theology), and is sent outward to serve the common good (Politics).

THE CURRICULUM

The Quintivium Series is the first published curriculum to implement this framework across all twelve years of classical education (K–12). Using anatomy and the human body as the primary lens — because the body is where all knowledge begins — each book integrates all three pillars (Trivium, Quadrivium, Quintivium) at the appropriate developmental stage. The result is a curriculum that forms not merely informed students, but wise, virtuous, and faithful persons.

For the complete white paper: "The Quintivium: The Five Arts of the Human Person" by Zeus Rodriguez (2026)

For more information: vitahealth.org | Vitae Catholica, Tempe, Arizona

— WHAT FOLLOWS IS A SAMPLE OF QUINTIVIUM I —

This sample contains the complete front matter (Letter to Parents, Letter to the Child, Table of Contents, and Parent Guide introduction), one full lesson (Week 1: God Made Me — including the children's fable, parent teaching guide, Latin vocabulary, Scripture, and activities), and the complete back matter (Latin Glossary, Body Words Glossary, Virtues List, Prayers, Scripture Index, Recommended Books, Subject Index, and a sample worksheet).

The full edition contains 36 weekly lessons across 6 units, covering all 11 body systems through classical fables, Aesop adaptations, and original stories — each with a complete parent teaching guide integrating the five arts of the Quintivium.



QUINTIVIUM I

Wonderfully Made

A First Book of the Human Person
for Young Children and Their Parents

Kindergarten & First Grade



The Quintivium Textbook Series – Book One

By Zeus and Dana Rodriguez, PhD





Dedication

*For our children, and for yours ---
that they may know the Maker by the marvel
of what He has made,
and love the gift before they have words for the Giver.
And for every parent who has held a small hand
and wondered how to begin.
This is how you begin.*



QUINTIVIUM I

Wonderfully Made
Kindergarten & First Grade

Zeus and Dana Rodriguez, PhD

The Quintivium Series — Book One

A Letter to Parents: How to Use This Book

Dear Mother, Dear Father,

You are holding in your hands a book about the human body. But it is not merely a book about the human body — just as a cathedral is not merely a building, and a sonnet is not merely fourteen lines. The subject of this book is the whole child: body and soul, flesh and spirit, bone and wonder. We have written it because we believe that the very first thing a young person should learn about the world is this: *you are fearfully and wonderfully made*, and there is a reason you are here.

This conviction — that education begins with the human person, and that the human person begins with the body God has given — stands at the heart of the classical tradition. It is the conviction of Aristotle, who observed that all knowledge begins in sensation; of Saint Thomas Aquinas, who insisted that nothing enters the intellect except through the senses; and of the Psalmist, who looked upon his own frame and burst into praise. We do not apologize for beginning here. We begin where God began: with the making of a body from the dust of the earth, and the breathing of life into it.

The Quintivium: Five Ways of Knowing Yourself

The classical tradition has always organized learning into the liberal arts — those disciplines which liberate the mind and order it toward truth. You may already know the Trivium (Grammar, Logic, and Rhetoric) and the Quadrivium (Arithmetic, Geometry, Music, and Astronomy). These seven arts have formed the backbone of Western education for over two millennia, and they remain indispensable.

But there is an older and deeper question that the seven liberal arts, magnificent as they are, do not directly address: *Who is the one being educated?* What is the nature of this creature who learns grammar and counts stars? The great Catholic intellectual tradition has always known that the arts of language and number must be rooted in the arts of self-knowledge — that before a child can rightly order words, she must begin to rightly understand herself.

This is why we have developed what we call the **Quintivium** — the *five arts of the human person*. They are, in their proper order:

1. **Body** (*Corporalia*) — the art of knowing the body (physical knowledge)
2. **Mind** (*Psychologia*) — the art of knowing the soul and mind (interior knowledge)
3. **Ethics** (*Ethica*) — the art of knowing what is good (moral knowledge)
4. **Theology** (*Theologia*) — the art of knowing God and our relation to Him (sacred knowledge)
5. **Politics** (*Politeia*) — the art of knowing how we live together (social knowledge)

We have ordered them this way for a reason. The child first encounters herself through her body — the thing she can see and touch, the gift she wakes up in each morning. From the body, she moves inward to the mind — her thoughts, her feelings, her interior life, the invisible world that makes the visible world meaningful. From the mind, she is led naturally to ethics — the question of what is good, what is right, what she ought to do with the life she has been given. Ethics, honestly pursued, opens upward to theology — the knowledge of God, who is the source of all goodness and the ground of all being. And theology, rightly received, sends her outward to politics — the art of living well with others, of ordering the common life toward justice and the common good. Body to Mind, Mind to Ethics, Ethics to Theology, Theology to Politics. It is the natural arc of self-knowledge, and it mirrors the journey of every human soul from first awareness to mature wisdom.

These five disciplines are not replacements for the Trivium and Quadrivium. They are their foundation. A child who knows that her body is a gift from God (Theology and Body together) is better prepared to speak truthfully about it (Rhetoric). A child who understands that her choices matter (Ethics) is better prepared to reason well (Logic). A child who grasps that we belong to one another (Politics) is better prepared to listen, to persuade, and to serve. A child who knows the movements of her own mind (Mind) is better prepared to study anything at all, because she has begun to understand the instrument with which she studies.

In this first book, **Quintivium I**, the primary lens is **Body** — the knowledge of the body. But you will find the other four arts woven throughout every unit. When we study the skeleton, we also ask: *Who made these bones, and why?* (Theology). When we study the muscles, we also ask: *What does it mean to use our strength for good?* (Ethics). When we study the nervous system, we also ask: *How do I know what I feel, and what should I do*

with what I feel? (Mind). When we study the immune system, we also ask: *How does my body help me care for others?* (Politics). The child will not encounter these terms — she will simply encounter the realities they name, presented at the level of wonder and story.

The Trivium Stage: Grammar, Wonder, and Naming

Your child is at the beginning of what the classical tradition calls the **Grammar stage** — roughly ages four through nine, when the mind delights in absorbing, naming, collecting, and repeating. This is the age of "What is that?" and "Tell me again!" It is the age when memory is effortless, when songs are learned in a single afternoon, and when the sheer *existence* of things is a source of boundless fascination.

We have written this book to honor that stage. The child's pages are composed in simple, beautiful language that is meant to be read aloud. They do not condescend. They do not chatter. They name things truly and present them with reverence. A bone is called a bone; a muscle is called a muscle; and both are called marvels, because that is what they are. We have included songs, rhymes, and short memory passages — not because rote learning is the whole of education, but because at this age it is the *ground* of education, the rich soil from which logic and eloquence will later grow.

The Quadrivium Thread: Number, Pattern, and Measure

Even at the Grammar stage, the seeds of the Quadrivium can be planted. Throughout this book you will find gentle introductions to counting (How many bones in the hand? How many chambers in the heart?), to measurement (How long is the femur compared to the humerus?), to pattern and rhythm (the heartbeat, the breath, the cycle of waking and sleeping), and to the harmony of the body's design. These are not mathematics lessons in disguise. They are invitations to notice that the body is not chaotic but *ordered* — that it has been composed, as a piece of music is composed, with care and intelligence and beauty.

How Each Lesson Is Organized

Every lesson in this book follows a three-part structure:

The child's story comes first. It contains the narrative, the illustrations, the songs, the vocabulary words, and the short passages for memory. It is written to be read aloud, and it is designed to be beautiful — because beauty is not a decoration added to truth, but the radiance of truth itself.

The parent guide follows each story. It contains teaching guidance, deeper theological and scientific context, discussion questions, suggested activities, and connections to the Quintivium framework. It is written for an intelligent adult and does not assume you have a background in anatomy, theology, or classical education. It assumes only that you love your child and desire to teach well.

The worksheets come at the end of the book, organized by week. Each week has one or more tear-out activity pages — coloring, labeling, tracing, drawing, or hands-on exercises that reinforce the lesson. These are designed to be completed alongside or after the story, at whatever pace suits your child

A Suggested Weekly Rhythm

We have designed each unit to follow a simple **five-day weekly pattern**, though we encourage you to adapt it freely to your family's life:

Day 1 — Introduction and Wonder. Read the new lesson aloud. Look at the illustrations together. Let the child ask questions. Do not rush to answer every one; some questions are better held than resolved.

Day 2 — Naming and Memory. Return to the lesson. Introduce the vocabulary words. Practice the memory verse or song. Let the child point, name, and repeat.

Day 3 — Activity and Exploration. Complete the hands-on activity suggested in the parent guide. This may involve drawing, building, moving, singing, or observing. The body learns about the body best through the body.

Day 4 — Narration and Discussion. Ask the child to tell you, in her own words, what she has learned. This is the classical practice of *narration*, and it is among the most powerful tools in all of education. Listen carefully. Prompt gently. Resist the urge to correct every imprecision; the habit of articulation matters more than the perfection of the account.

Day 5 — Review, Prayer, and Rest. Review the week's learning. Pray the unit prayer together. Rest in what has been received. Not every day of education must be a day of acquisition; some days are for gratitude.

If you miss a day — or a week — do not be troubled. The book will wait for you. The child will not be behind, because there is no race. There is only the patient, joyful work of coming to know what is true.

The Parent as Primary Educator

We wish to say something plainly that the modern world has largely forgotten: **you are your child's primary educator.** Not the school. Not the curriculum. Not the expert. You. The Church has always taught this, and the natural law confirms it. The child was entrusted to you — not to an institution, not to a system, but to *you* — and the grace to teach her has been given with the gift of her life.

This does not mean you must know everything. It means you must be willing to learn alongside her, to wonder alongside her, and to point, with her, toward the God who made them both. A parent who says, "I don't know — let us find out together," is a finer teacher than any lecturer who has ceased to be amazed.

We have written the parent guides with this conviction. They are not scripts to be performed but companions for the journey. Use what helps. Set aside what does not. Trust your judgment. You know your child in a way no textbook author ever could.

The Body as Gift: A Theological Foundation

At the root of this entire curriculum lies a single, luminous truth: **the human body is not an accident, not a machine, and not a problem to be solved. It is a gift.** It was fashioned by the hand of God, spoken into being by the Word through whom all things were made, and destined — from its very first moment — for glory.

The Catholic faith teaches that the body is not merely the container. Soul and body together constitute the human person. This is why the Creed professes the resurrection of the body — not its abandonment, but its transfiguration. This is why the Incarnation is the hinge of all history: God Himself took on flesh, not as a disguise, but as a revelation. In the body of Christ, we see what the body was always meant to be.

When your child learns the names of her bones, she is learning the architecture of a temple. When she traces the path of her blood, she is tracing a river that flows from the hand of God. When she discovers that her skin heals and her lungs breathe without her asking them to, she is discovering providence written in flesh. Every lesson in this book is, at bottom, a lesson in wonder — and wonder, as Aristotle taught us, is the beginning of philosophy.

We pray that this book serves your family well. We pray that it helps your child to see her body not as the world would teach her to see it — as a thing to be used, or displayed, or despised — but as the Church has always seen it: as an icon of the living God, fearfully and wonderfully made, and worthy of the deepest reverence and the highest joy.

In Christ and Our Lady,

Zeus and Dana Rodriguez, PhD

Feast of the Annunciation, 2026

A Letter to the Child: You Are Wonderfully Made

Dear Child,

Look at your hands.

Open them wide. Now close them tight. Wiggle your fingers — every single one. Did you know that those hands are a gift? Someone made them, just for you. Not in a factory. Not by accident. God made your hands, and He made them with love.

Now touch your chest. Do you feel that? *Thump-thump. Thump-thump.* That is your heart, beating away inside you, all day and all night, even when you are asleep. It never stops. It never forgets. God set it going before you were born, and it has been singing its little song ever since.

You have bones that hold you up — strong and white, like the beams of a house. You have muscles that help you run and jump and dance. You have skin that wraps around you like the softest blanket in the world. You have a brain that thinks and wonders and dreams.

You are *wonderfully made*.

Do you know what that means? It means that when God made you, He did something wonderful. Like an artist making his finest painting. Like a father building a home for someone he loves. God looked at you and said, "This is very good."

There is a song in the Bible — a very old song — and it says:

"I praise thee, for thou art fearful and wonderful. Wonderful are thy works! Thou knowest me right well;"
— Psalm 139:14

That song is about you.

This year, we are going to learn about your beautiful body — your bones and muscles, your skin and heart, your brain and blood and breath. Every part of you tells a story, and the story is this: **You are loved. You are known. You were made on purpose.**

Shall we begin?



Table of Contents

Part One: The Six Wonders

Unit 1: My Body Is a Gift — *The Skeletal System*

Weeks 1—6

- Week 1 — God Made My Body
- Week 2 — What Are Bones?
- Week 3 — The Skull: My Body's Helmet
- Week 4 — The Spine: Standing Tall
- Week 5 — Arms, Legs, Hands, and Feet
- Week 6 — Joints: Where Bones Meet

Unit 2: My Body Moves — *The Muscular System*

Weeks 7—12

- Week 7 — What Are Muscles?
- Week 8 — Muscles That I Choose (Voluntary)
- Week 9 — Muscles That Work on Their Own (Involuntary)
- Week 10 — My Face Can Tell a Story
- Week 11 — Strong and Gentle: Using My Body Well
- Week 12 — Bones and Muscles Together

Unit 3: My Body Is Covered — *The Integumentary System*

Weeks 13—16

- Week 13 — My Wonderful Skin
- Week 14 — Hair and Nails: The Body's Adornment
- Week 15 — How My Skin Protects Me
- Week 16 — Healing: My Body Repairs Itself

Unit 4: My Body Thinks and Feels — *The Nervous and Endocrine Systems*

Weeks 17—22

- Week 17 — The Brain: The Body's Captain
- Week 18 — Nerves: The Body's Messengers
- Week 19 — My Five Senses (I): Seeing and Hearing
- Week 20 — My Five Senses (II): Touch, Taste, and Smell
- Week 21 — Feelings and the Body
- Week 22 — Sleep: The Gift of Rest

Unit 5: My Body Is Nourished — *The Cardiovascular, Respiratory, and Digestive Systems*

Weeks 23—28

- Week 23 — The Heart: A Tireless Servant
- Week 24 — Blood: The River of Life
- Week 25 — Lungs and Breath: The Gift of Air
- Week 26 — Eating Well: Food as Gift
- Week 27 — The Journey of Food
- Week 28 — How My Body Uses What It Receives

Unit 6: My Body Is Protected and Given — *The Immune, Urinary, and Reproductive Systems*

Weeks 29—34

- Week 29 — My Body Has Defenders (The Immune System)

- Week 30** — When I Am Sick: Suffering and Healing
- Week 31** — Cleansing: How My Body Takes Out the Trash
- Week 32** — Boys and Girls: Made Different, Made Good
- Week 33** — Where Do Babies Come From? (The Gift of Life)
- Week 34** — My Whole Body, My Whole Self

Part Two: Review and Celebration

- Week 35** — The Great Review: Remembering What We Have Learned
- Week 36** — A Celebration of the Body: Feast Day and Thanksgiving

Worksheets

Worksheets — Tear-out activity pages organized by week, one or more per lesson — Simple definitions of key terms

Back Matter

- Glossary for Children** — Simple definitions of key terms
- Glossary for Parents** — Extended definitions with theological and scientific context
- Prayers and Hymns** — Collected prayers, blessings, and songs from throughout the book
- Memory Verses** — All Scripture passages for recitation, listed by unit
- Suggested Reading** — Books for further exploration (for both children and parents)
- Anatomical Illustrations** — Full-page reference illustrations of each body system
- Index**
- About the Authors**
- About the Quintivium Series**

Quintivium I: Wonderfully Made is Book One of the **Quintivium Textbook Series** — a twelve-book curriculum integrating the Trivium, Quadrivium, and Quintivium across all twelve years of classical education.

The Quintivium Textbook Series:

1. Quintivium I — Wonderfully Made (Kindergarten & First Grade)
2. Quintivium II — The Temple Within (Second Grade)
3. Quintivium III — Ordered for Life (Third Grade)
4. Quintivium IV — Formed for Purpose (Fourth Grade)
5. Quintivium V — Signs of Design (Fifth Grade)
6. Quintivium VI — The Logic of Health (Sixth Grade)
7. Quintivium VII — Ordered Living, Ordered Love (Seventh Grade)
8. Quintivium VIII — Health and Human Dignity (Eighth Grade)
9. Quintivium IX — The Body as Gift (Ninth Grade)
10. Quintivium X — Stewardship and the Call to Serve (Tenth Grade)
11. Quintivium XI — Leadership in Healthcare (Eleventh Grade)
12. Quintivium XII — Wisdom and the Human Person (Twelfth Grade)

Copyright 2026 Zeus and Dana Rodriguez, PhD. All rights reserved.

A Note to Parents: How the Parent Guide Works

Before you begin Unit 1, take a moment to understand how this book is organized. It will make your teaching easier and more fruitful from the very first week.

The Two Parts of Every Lesson

Each week of *Quintivium I* has two parts: the **child's story** and the **parent guide**.

The child's story is exactly what it sounds like — a narrative written for your child, meant to be read aloud together. It tells the week's lesson through story, image, song, and wonder. It is the heart of the lesson, and for many weeks, it may be all you need. Read it. Enjoy it. Let it do its work.

The parent guide follows the story. It is written for you, the parent, and it serves as your companion, your reference, and your deepening. It is not a second lesson to be read to the child. It is the layer beneath the story — the roots that feed the flower.

What the Parent Guide Contains

Every parent guide covers the same ground, week after week, so that you always know what to expect:

The Science Behind the Story. Each guide opens with the anatomy and science that underlies the week's narrative. We explain what is happening in the body at a level appropriate for an educated adult — not because you need to teach all of it to your child, but because a parent who understands the science can answer questions with confidence, guide activities with purpose, and marvel alongside the child with genuine understanding. You will know more than you teach, and that surplus of knowledge will enrich every conversation.

Connections to the Five Arts. The *Quintivium* — Body, Mind, Ethics, Theology, and Politics — is the framework that holds this entire curriculum together. Each week, the parent guide identifies which of the five arts is most prominently at work and explains how the week's lesson connects to it. Over the course of the year, your child will encounter all five arts many times, woven naturally into the study of the body. The guide helps you see these connections so that you can draw them out in conversation when the moment is right.

Latin Vocabulary. Every week introduces one or two Latin words related to the lesson. Latin is the language of the Church, of the sciences, and of the Western intellectual tradition. A child who learns *corpus* at age five will recognize "corporeal," "corporal," and "incorporate" for the rest of her life. The guide provides each Latin word with its pronunciation, its meaning, and a simple phrase for the child to practice aloud. These are seeds. You are planting them. They will bear fruit for years.

The Week's Virtue. Each week highlights a virtue connected to the lesson — gratitude, courage, temperance, reverence, and many others. The guide defines the virtue, explains why it belongs to this particular week, and offers simple, concrete ways to practice it at home. Virtue is not learned by lecture but by habit, and these small daily practices are worth more than any amount of explanation.

Scripture in Context. Every lesson is grounded in Sacred Scripture (RSV-CE). The parent guide provides the week's key verse, explains its context and meaning, and suggests how to help your child memorize it. Scripture is not an ornament added to the lesson; it is the foundation on which the lesson stands. The Word of God and the work of God in the body are not two subjects but one.

A Socratic Discussion Question. Each guide offers a single question designed to be asked at the family table, on a walk, or during a quiet moment. These are not quiz questions with right answers. They are Socratic questions — questions that open, that deepen, that draw the child into her own thinking. The guide offers the question and, where helpful, suggests lines of conversation that may follow. But the best conversations are the ones you cannot predict. Ask the question and listen.

Hands-On Activities. Finally, each guide suggests one or more activities for the week — drawing, building, counting, moving, observing, praying. These are designed to bring the lesson out of the page and into the body. A child who traces the bones of her hand onto paper knows them differently than a child who only hears about them. A child who listens to her own heartbeat with a stethoscope knows the heart differently than a child who only sees a diagram. The body learns about the body best through the body.

How to Use the Parent Guide

There is no single correct way. Here are three approaches that work well:

Prepare the night before. Read the parent guide after the children are in bed. Let the science, the virtue, and the discussion question settle in your mind overnight. The next day, read the story aloud to your child with the confidence of someone who knows what lies beneath the surface.

Discover alongside your child. Read the story together first, then open the parent guide and let it inform the conversation that follows. This approach has a beautiful honesty to it — the child sees that learning is something even parents do.

Consult as needed. Some weeks, you may not need the guide at all. The story may be enough. Other weeks, you may return to the guide several times — for an activity idea, for a Scripture reference, for help answering a question the child has asked that caught you off guard. The guide will be there when you need it.

Whatever your approach, know this: the parent guide is as long as it needs to be. Some weeks it will be brief. Other weeks, when the science is complex or the theology is rich, it will be more substantial. It is not constrained by page counts or formatting rules. It exists to serve you, and it will take whatever shape that service requires.

You are ready. Your child is ready. Let us begin.

UNIT 1: MY BODY IS A GIFT

Weeks 1-6 | The Skeletal System

WEEK 1: GOD MADE ME

Virtue of the Week: Gratitude

The Sparrow and the Child

Once there was a sparrow who lived in the eaves of an old stone church.

Every morning the sparrow would wake, shake her feathers, and fly out over the village. She would see the baker pulling bread from his oven, the farmer leading his oxen to the field, and the children walking to school with their satchels over their shoulders.

One morning, the sparrow landed on a garden wall beside a small child who was sitting very still, looking at his own hands.

"What are you doing?" asked the sparrow.

"I am looking at my fingers," said the child. "I have ten of them. I can wiggle every one."

"That is nothing," said the sparrow. "I have feathers — hundreds and hundreds of them — and I can fly."

"Yes," said the child, "but I can hold things. I can hold a cup and drink from it. I can hold my mother's hand. I can fold my hands and pray."

The sparrow thought about this. She could not hold a cup. She could not hold anyone's hand.

"What else can you do?" asked the sparrow.

The child put his hand on his chest. "Listen," he said. "Do you hear that?"

The sparrow hopped closer and listened.

Thump-thump. Thump-thump. Thump-thump.

"That is my heart," said the child. "It beats all day and all night. It beats while I sleep. It beats while I eat. It beats while I run and while I sit still. It never, ever stops."

"Who told it to beat?" asked the sparrow.

The child smiled. "Nobody tells it. God made it that way. Before I was born — before I opened my eyes or took my first breath — God set my heart beating. And it has been beating ever since."

The sparrow was quiet for a long time. Then she said, "I think God must love you very much."

"He does," said the child. "He loves you, too. The Scripture says so."

And the child recited what his mother had taught him:

"Are not two sparrows sold for a penny? And not one of them will fall to the ground without your Father's will. Fear not, therefore; you are of more value than many sparrows."

— Matthew 10:29, 31

The sparrow ruffled her feathers. "If God watches over a small bird like me," she said, "then He must watch over you — with all your fingers and your beating heart — with very great care indeed."

"He does," said the child. "My body is His gift to me. Every bit of it."

And then the sparrow flew up into the morning sky, and the child went inside, and both of them were glad — because they knew the One who made them, and they knew that He was good.





Words to Remember

Corpus — KOR-pooos — Body

Deus — DAY-ooos — God

"Deus fecit corpus meum."

God made my body.

A Verse to Keep in Your Heart

"I praise thee, for thou art fearful and wonderful. Wonderful are thy works! Thou knowest me right well;" — Psalm 139:14

Something to Try

Put your hand on your chest, right over your heart. Close your eyes. Feel it beating. That is God's gift to you, working right now, inside you.

Now count slowly: *one, two, three, four, five...* How many beats did you feel?

Your heart beats about one hundred thousand times every single day. And you never have to tell it to.

"Thank you, God, for my body."

Parent Teaching Guide

Week 1: God Made Me

Overview: This opening week establishes the foundational truth of the entire Quintivium curriculum — that the human body is not an accident, a machine, or a problem to be solved, but a *gift* from a personal God who creates with intention and love. Everything that follows in this course builds on this first principle. If the child grasps nothing else this week, let it be this: *I was made on purpose, and my body is good.*

1. Anatomy & Science

This week introduces the human body as an *integrated whole* before any system is studied in isolation. The key scientific concepts are:

The body is a unified organism. It is not a collection of separate parts but a single living whole in which every system depends on every other. The heart cannot work without the lungs. The lungs cannot work without the muscles. The muscles cannot work without the bones. This integration is itself a sign of design.

Basic body inventory for K-1:

1 heart (a hollow muscular organ, roughly the size of the child's fist)

2 lungs (spongy organs in the chest that exchange oxygen and carbon dioxide)

10 fingers, 10 toes

206 bones in the adult skeleton (~270-300 at birth; many fuse during growth)

Over 600 muscles

Approximately 60,000 miles of blood vessels

The body is alive. Even while a child sleeps, the heart beats (~100,000 times per day in a child), the lungs breathe (~20,000 breaths per day), cells divide, and the brain processes information. The body never stops working.

Parent note: At this age, precision matters less than wonder. The goal is not to memorize numbers but to be astonished by them. Let the child marvel at the fact that their heart beats without being told to.

2. Quintivium Connection — Theology

The Quintivium (the "five arts" of classical Catholic education). This week's emphasis is theological: *the body is a created gift*.

The Catechism of the Catholic Church teaches that the human person is created in the image and likeness of God (*Imago Dei*, CCC 355-361). This means the body is not merely biological matter; it is a sign — a *sacrament* in the broad sense — of the invisible God who made it. When we study the body, we are studying something God designed, and therefore something that reveals His wisdom, His love, and His purpose.

St. John Paul II's Theology of the Body begins here: the body tells a story. The first sentence of that story is: "*You are a gift.*"

3. Trivium Connection — Grammar Stage

Your child is in the **Grammar stage** of classical education. This is the stage of *naming, memorizing, and wondering*. Children at this age are natural collectors — of words, facts, images, and stories. They delight in knowing what things are called.

This week, begin the habit of **naming with reverence**. The body is not "gross" or "weird." Every part has a name, and every name means something. To name a thing rightly is the first act of knowledge. (God gave Adam the task of naming the animals in Genesis 2:19-20 — naming is a participation in God's own ordering of creation.)

Grammar stage activity: Have the child stand in front of a mirror and name the parts of the body they can see: head, eyes, nose, mouth, ears, neck, shoulders, arms, hands, fingers, chest, belly, legs, knees, feet, toes. Say each name slowly and clearly. This is the first act of *Body* — the art of knowing the body.

4. Quadrivium Connection — Counting

The Quadrivium (arithmetic, geometry, music, astronomy) begins this week with **arithmetic** — simple counting.

Activity: "How Many Do I Have?"

Have the child count and record: Heart (1), Head (1), Lungs (2), Eyes (2), Ears (2), Arms (2), Legs (2), Fingers (10), Toes (10), Bones when grown-up (206).

Bonus: Can the child count to 206? Let them try. The attempt itself teaches that the body is vast and complex.

Latin — Pronunciation — Meaning

Deus — *DAY-oos* — God

Even if the child cannot read the Latin, hearing it spoken aloud plants a seed. Latin is the language of the Church, of science, and of the Western intellectual tradition. The child who learns *corpus* at age five will recognize "corporeal," "corporal," and "incorporate" for the rest of her life.

Definition: Gratitude is the habit of recognizing and thanking God for what we have received.

Why this week: If the body is a gift, then the proper response is thanksgiving. Gratitude is the first and most fundamental virtue of the Quintivium curriculum because it sets the posture of the heart: *I did not earn this. I received it. And I am thankful.*

How to practice:

Begin each morning this week by saying: "*Thank you, God, for my body.*"

At bedtime, name three things the body did that day: "Thank you for my legs that ran. Thank you for my eyes that saw the sunset. Thank you for my mouth that kissed Mama goodnight."

Resist the temptation to rush past gratitude into request. Linger in thanksgiving.

7. Scripture

◆ "*I praise thee, for thou art fearful and wonderful. Wonderful are thy works! Thou knowest me right well;*" — Psalm 139:14

This is the anchor verse for the entire unit — and arguably the entire Quintivium curriculum. The Hebrew word translated "fearfully" (*yare*) carries the sense of awe, reverence, and holy trembling. The word

"wonderfully" (*palah*) means to be set apart, distinct, extraordinary. The Psalmist is not making a casual observation. He is making a confession of faith: *My body is evidence of God's wonder.*

Family practice: Memorize Psalm 139:14 together this week. Say it each night before bed. By Week 6, it should be written on the child's heart.

8. Socratic Question for Family Discussion

"If your body is a gift, who gave it to you — and what does that mean about how you should treat it?"

(Let the child answer. Do not correct too quickly. The goal is to draw out the child's own reasoning. If they say "God gave it to me," ask: "And what do we do with gifts?" If they say "Take care of them," ask: "Why?" Follow the thread.)

9. Suggested Activities & Worksheets

Mirror Activity: Stand before a full-length mirror. Name every body part you can see. Then say: "God made all of this."

Heart-Listening Activity: Place hand on chest. Count heartbeats for 15 seconds. Multiply by 4 (with parent's help). That is the child's resting heart rate. (Normal for ages 5-7: approximately 75-115 bpm.)

Coloring Page: "God Made Me" — a simple outline of a child's body with the words of Psalm 139:14 at the top.

Counting Worksheet: "How Many Do I Have?" — fill-in-the-blank body part counting sheet.

Drawing Activity: "Draw yourself! What does the gift look like?" Child draws a self-portrait.

— **SAMPLE EDITION** —

This is a preview of Quintivium I: Wonderfully Made. The complete edition contains 36 weeks of lessons across 6 units, covering all 11 body systems through classical fables, parent teaching guides, Latin vocabulary, Scripture, and virtue formation.

Weeks 2–36 have been omitted from this sample.

For the complete edition, visit vitahealth.org or contact Vitae Catholica.

— **END OF SAMPLE LESSONS** —

Glossary of Latin Terms

All Latin words used in *Quintivium I: Wonderfully Made*, alphabetized, with pronunciation and English meaning.

Latin Term — Pronunciation — English Meaning

Altus — AHL-toos — High, deep
Amor — AH-mor — Love
Anima — AH-nee-mah — Soul, breath of life
Benedictio — beh-neh-DIK-tee-oh — Blessing
Caput — KAH-poot — Head
Caro — KAH-roh — Flesh, meat
Cerebrum — KEH-reh-broom — Brain
Communitas — kohm-MOO-nee-tahs — Community
Cor — KOR — Heart
Corpus — KOR-poos — Body
Corpus Christi — KOR-poos KRIS-tee — Body of Christ
Cutis — KOO-tis — Skin
Defendere — deh-FEN-deh-reh — To defend, to protect
Deo Gratias — DAY-oh GRAH-tee-ahs — Thanks be to God
Deus — DAY-oos — God
Digitus — DIH-gih-toos — Finger, toe
Donum — DOH-noom — Gift
Familia — fah-MEE-lee-ah — Family
Febris — FEH-bris — Fever
Femina — FEH-mee-nah — Female, woman
Fortitudo — for-tih-TOO-doh — Strength, fortitude
Gratia — GRAH-tee-ah — Grace, thanks
Gustus — GOOS-toos — Taste
Imago Dei — ih-MAH-goh DAY-ee — Image of God
Lux — LOOKS — Light
Manus — MAH-noos — Hand
Masculus — MAS-koo-loos — Male
Miles — MEE-lays — Soldier
Musculus — MOOS-koo-loos — Muscle (lit. "little mouse")
Nervus — NAIR-voos — Nerve
Nomen — NOH-men — Name
Oculus — OH-koo-loos — Eye
Os — OHS — Bone
Patientia — pah-tee-EN-tee-ah — Patience
Pax — PAHKS — Peace
Pes — PAYS — Foot
Pulmo — POOL-moh — Lung
Purus — POO-roos — Pure, clean
Ren — RAIN — Kidney
Sanguis — SAN-gwis — Blood
Sensus — SEN-soos — Sense, feeling
Servire — sair-VEE-reh — To serve
Somnus — SOM-noos — Sleep
Spina — SPEE-nah — Spine, thorn
Spiritus — SPEE-ree-toos — Spirit, breath
Tactus — TAK-toos — Touch
Vena — VAY-nah — Vein
Virtus — VEER-toos — Virtue, strength, excellence
Vita — VEE-tah — Life

Glossary of Body Words

All scientific and anatomical terms used in *Quintivium I: Wonderfully Made*, alphabetized, with simple definitions suitable for reading aloud to a young child.

Term — Definition

Adaptive immunity — The part of your immune system that learns and remembers past invaders

Artery — A tube that carries blood away from the heart to the rest of the body

Bladder — A stretchy bag inside your body that holds urine until you are ready to let it go

Blood — The red liquid that flows through your body, carrying food and oxygen to every cell

Blood vessel — A tube through which blood flows — arteries, veins, and capillaries

Bone — A hard, strong part of your skeleton that holds your body up

Brain — The organ inside your skull that thinks, feels, and controls your whole body

Capillary — The tiniest blood vessel, where blood delivers food and oxygen to your cells

Cartilage — A firm but flexible material found in your nose, ears, and between your bones

Cell — The smallest building block of your body; you have trillions of them

Chromosome — A tiny instruction book inside every cell that tells your body how to grow

Complementary — Different things that fit together and complete each other

Dermis — The inner layer of skin, beneath the epidermis

Diaphragm — A large, dome-shaped muscle beneath your lungs that helps you breathe

Digestion — The process of breaking food down into tiny pieces your body can use

Electrolyte — A mineral in your body (like salt) that helps your cells work properly

Endocrine system — The system that sends chemical messengers (hormones) through your body

Epidermis — The outer layer of your skin — the part you can see and touch

Esophagus — The tube that carries food from your throat to your stomach

Femur — The thigh bone — the longest and strongest bone in your body

Fever — When your body raises its temperature to fight germs

Filter — To separate what is good from what is not needed

Germ — A tiny living thing (like a bacterium or virus) that can make you sick

Heart — The muscle in your chest that pumps blood through your whole body

Hormone — A chemical messenger that travels through your blood to tell organs what to do

Humerus — The bone in your upper arm

Hygiene — Keeping yourself clean to stay healthy and protect others

Immune system — Your body's army of defense against germs and sickness

Innate immunity — The defenses you are born with — your body's first line of protection

Intestine — A long, winding tube where your body absorbs nutrients from food

Involuntary muscle — A muscle that works on its own, without you telling it to (like the heart)

Joint — A place where two bones meet and can move

Kidney — A bean-shaped organ that filters your blood and removes waste

Large intestine — The wider tube where water is absorbed from food waste

Ligament — A tough band that holds bones together at a joint

Lung — One of two organs in your chest that take in oxygen and release carbon dioxide

Lymph node — A small checkpoint in your body where immune cells gather to fight germs

Lymphocyte — A white blood cell that remembers past invaders

Melanin — The pigment that gives your skin, hair, and eyes their color

Muscle — A part of your body that contracts and relaxes to create movement

Nephron — A tiny filter inside the kidney; each kidney has about one million

Nerve — A thin fiber that carries messages between your brain and body

Nervous system — The system of brain, spinal cord, and nerves that controls and coordinates your body

Neuron — A nerve cell — the basic building block of the nervous system

Neutrophil — A white blood cell that is the first to arrive when germs invade

Nutrient — A substance in food that your body needs to grow, heal, and have energy

Organ — A part of the body made of tissues that works together to do a specific job

Oxygen — A gas in the air that your body needs to live; your lungs take it in with every breath

Patella — The kneecap — a small bone that protects the front of your knee

Platelet — A tiny cell fragment in your blood that helps stop bleeding by forming clots
Plasma — The liquid part of your blood that carries cells, nutrients, and waste
Red blood cell — A cell in your blood that carries oxygen from your lungs to the rest of your body
Reproductive system — The system that makes new life possible; different in boys and girls
Rib — One of the curved bones that protect your heart and lungs
Skeleton — All 206 bones in your body, working together as a frame
Skin — The largest organ of your body; it covers and protects everything inside
Skull — The group of bones that form your head and protect your brain
Small intestine — The long, narrow tube where most nutrients from food are absorbed
Spinal cord — A bundle of nerves inside your spine that connects your brain to the rest of your body
Spine — The column of bones (vertebrae) that runs down your back and protects your spinal cord
Stomach — The organ that breaks food down with strong acids and churning motion
Tendon — A tough cord that connects muscle to bone
Tissue — A group of similar cells that work together to do a job
Urea — A waste product your kidneys remove from the blood
Ureter — A tube that carries urine from the kidney to the bladder
Urethra — The tube through which urine leaves the body
Urine — Liquid waste that your kidneys filter out of your blood
Vein — A tube that carries blood back to the heart
Vertebra — One of the small bones that make up the spine
Voluntary muscle — A muscle you choose to move (like your arm or leg muscles)
White blood cell — A cell in your blood that fights germs and protects you from sickness
Womb — The special place inside a mother where a baby grows (also called the uterus)

Complete List of Virtues Studied

Each week of Quintivium I highlights one virtue. Below is the complete list, organized by week, with a brief definition.

Unit 1: My Body Is a Gift (Weeks 1--6)

- 1 — **Gratitude** — Recognizing and giving thanks for the gifts we have received
- 2 — **Fortitude** — Strength of character; the courage to endure difficulty and stand firm
- 3 — **Prudence** — Wisdom in making good decisions; thinking before acting
- 4 — **Uprightness** — Moral straightness; living honestly and with integrity
- 5 — **Industriousness** — Working hard and using one's abilities with diligence
- 6 — **Flexibility** — The willingness to adapt and cooperate; bending without breaking

Unit 2: My Body Moves (Weeks 7--12)

- 7 — **Diligence** — Careful and persistent effort in one's work and duties
- 8 — **Self-Mastery** — Governing one's own actions and desires with reason and will
- 9 — **Faithfulness** — Steadfast reliability; keeping promises and commitments
- 10 — **Joy** — The deep gladness that comes from goodness, beauty, and truth
- 11 — **Gentleness** — Strength under control; using power with care and kindness
- 12 — **Cooperation** — Working together with others toward a common good

Unit 3: My Body Is Covered (Weeks 13--16)

- 13 — **Modesty** — A proper regard for one's body and dignity; appropriate self-presentation
- 14 — **Temperance** — Balance and moderation in all things
- 15 — **Courage** — Facing difficulty or danger with firmness and bravery
- 16 — **Hope** — Confident trust that God will bring good out of all things

Unit 4: My Body Thinks and Feels (Weeks 17--22)

- 17 — **Wisdom** — The ability to see things as God sees them; the highest of the intellectual virtues
- 18 — **Obedience** — Willing and prompt response to rightful authority
- 19 — **Attentiveness** — Careful noticing; paying close attention to what is true and present
- 20 — **Wonder** — Openness to the marvels of creation; the beginning of philosophy
- 21 — **Compassion** — Feeling with another person; sharing in their joys and sorrows
- 22 — **Temperance** — Ordering desires rightly; knowing when to rest and when to act

Unit 5: My Body Is Nourished (Weeks 23--28)

- 23 — **Generosity** — Giving freely of oneself and one's resources for the good of others
- 24 — **Reverence** — Deep respect for what is sacred, holy, or worthy of honor
- 25 — **Trust** — Confident reliance on God and on those who love us
- 26 — **Thanksgiving** — The habitual recognition that all good things come from God
- 27 — **Perseverance** — Continuing steadfastly in a course of action despite difficulty
- 28 — **Stewardship** — Caring well for what has been entrusted to us

Unit 6: My Body Is Protected and Given (Weeks 29--34)

- 29 — **Vigilance** — Watchful attention; being alert to what is true and what threatens the good
- 30 — **Patience** — Enduring suffering or delay without losing peace; waiting with trust
- 31 — **Purity** — Interior cleanliness; ordering of desires and thoughts toward what is truly good
- 32 — **Respect** — Recognizing and honoring the dignity of every person
- 33 — **Love** — Willing the good of another; the greatest of all virtues
- 34 — **Service** — Using one's gifts for the good of others; following Christ who came to serve

Prayers for the Body

*Four original prayers for families using *Quintivium I: Wonderfully Made*.*

I. Morning Offering of the Body

Heavenly Father,
I give You this day — and I give You my body with it.
I offer You my eyes, that they may see what is good.
I offer You my ears, that they may hear what is true.
I offer You my mouth, that it may speak with kindness.
I offer You my hands, that they may do Your work.
I offer You my feet, that they may walk in Your ways.
I offer You my mind, that it may think Your thoughts.
I offer You my heart, that it may love as You love.
Every bone, every muscle, every breath —
all of me is Yours, because You made all of me.
Use me today, Lord, for Your glory.
Through Christ our Lord.
Amen.

II. Grace Before Meals (Child's Version)

Thank You, Father, for this food —
for the hands that grew it,
the hands that prepared it,
and the body You gave me to receive it.
Bless this meal.
Bless the ones who share it with me.
And help my body use it well,
so that I may grow strong in Your service.
Through Christ our Lord.
Amen.

III. Bedtime Prayer for Rest and Healing

Dear Jesus,
the day is done, and my body is tired.
Thank You for everything my body did today —
for every step I took,
for every breath I breathed,
for every thought I thought,
for every beat of my heart.
Now I lay down to rest,
and I ask You to watch over me while I sleep.
Heal what is tired. Mend what is hurt.

Guard me through the night,
and wake me in the morning
ready to serve You again.
I place my body in Your hands —
the same hands that made me.
I am safe with You.
Amen.

IV. Prayer of Thanks for My Body

O God, my Maker,
I thank You for my wonderful body.
Thank You for bones that hold me up
and muscles that help me move.
Thank You for skin that covers me
and blood that flows through me.
Thank You for a heart that beats
and lungs that breathe
and a brain that wonders at it all.
Thank You for eyes that see Your world,
for ears that hear Your word,
for hands that touch the ones I love,
and for a voice to praise You.
I praise thee, for thou art fearful and wonderful. Wonderful are thy works!
Thou knowest me right well;
Wonderful are thy works!
Help me to honor this body You have given me,
to use it for good,
to care for it with wisdom,
and to offer it back to You
each and every day.
Through Christ our Lord.
Amen.

Scripture Index

All Scripture references used in Quintivium I: Wonderfully Made, organized by book of the Bible. All quotations are from the Revised Standard Version — Catholic Edition (RSV-CE).

Old Testament

Genesis

- Genesis 1:27 — "So God created man in his own image... male and female he created them" (Week 32)
- Genesis 1:31 — "And God saw everything that he had made, and behold, it was very good" (Week 1)
- Genesis 2:7 — "Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life" (Week 1, Week 25)
- Genesis 2:21--22 — The creation of woman (Week 32)

Exodus

- Exodus 15:26 — "I am the Lord, your healer" (Week 16)

Psalms

- Psalms 28:7 — "The Lord is my strength and my shield; in him my heart trusts" (Week 29)
- Psalms 33:15 — "He who fashions the hearts of them all and observes all their deeds" (Week 23)
- Psalms 34:8 — "O taste and see that the Lord is good" (Week 20)
- Psalms 51:10 — "Create in me a clean heart, O God, and put a new and right spirit within me" (Week 31)
- Psalms 63:1 — "My soul thirsts for thee; my flesh faints for thee" (Week 26)
- Psalms 91:11 — "He will give his angels charge of you to guard you in all your ways" (Week 15)
- Psalms 119:105 — "Thy word is a lamp to my feet and a light to my path" (Week 18)
- Psalms 121:3--4 — "He who keeps you will not slumber" (Week 22)
- Psalms 121:5 — "The Lord is your keeper" (Unit 6 epigraph)
- Psalms 127:3 — "Lo, sons are a heritage from the Lord, the fruit of the womb a reward" (Week 33)

Psalms 139:13--14 — "I praise thee, for thou art fearful and wonderful. Wonderful are thy works!" (Weeks 1, 35, 36)

Psalms 139:13--16 — Extended passage on being known and formed by God (Week 36)

Proverbs

Proverbs 3:7--8 — "It will be healing to your flesh and refreshment to your bones" (Week 2)

Proverbs 4:23 — "Keep your heart with all vigilance; for from it flow the springs of life." (Week 23)

Proverbs 17:22 — "A cheerful heart is a good medicine" (Week 10)

Ecclesiastes

Ecclesiastes 3:1 — "For everything there is a season" (Part Two epigraph)

Isaiah

Isaiah 40:31 — "They who wait for the Lord shall renew their strength" (Week 8)

Isaiah 64:8 — "We are the clay, and thou art our potter" (Week 4)

Jeremiah

Jeremiah 1:5 — "Before I formed you in the womb I knew you" (Week 33)

New Testament

Matthew

Matthew 5:8 — "Blessed are the pure in heart, for they shall see God" (Week 31)

Matthew 6:22 — "The eye is the lamp of the body" (Week 19)

Matthew 10:29, 31 — "Are not two sparrows sold for a penny?... You are of more value than many sparrows" (Week 1)

Matthew 20:28 — "The Son of man came not to be served but to serve" (Week 34)

Luke

Luke 2:52 — "And Jesus increased in wisdom and in stature" (Week 11)

Luke 12:27 — "Consider the lilies, how they grow" (Week 13)

John

John 1:14 — "And the Word became flesh and dwelt among us" (Week 1)

Romans

Romans 12:1 — "Present your bodies as a living sacrifice, holy and acceptable to God" (Week 1)

1 Corinthians

1 Corinthians 6:19--20 — "Your body is a temple of the Holy Spirit" (Week 1, Week 13)

1 Corinthians 12:12--27 — The Body of Christ; many members, one body (Week 34)

1 Corinthians 12:26--27 — "If one member suffers, all suffer together" (Week 34)

1 Corinthians 13:13 — "The greatest of these is love" (Week 33)

Ephesians

Ephesians 2:10 — "For we are his workmanship, created in Christ Jesus for good works" (Week 5)

Ephesians 6:10--11 — "Be strong in the Lord and in the strength of his might. Put on the whole armor of God" (Week 29)

Colossians

Colossians 3:23 — "Whatever your task, work heartily, as serving the Lord" (Week 7)

James

James 5:14--15 — "Is any among you sick? Let him call for the elders of the church" (Week 30)

Recommended Picture Books

Real, published children's books related to the body, health, faith, and wonder. All titles are Christian or Catholic in character. Suitable for K--1 readers or for reading aloud.

1. **You Are Special** by Max Lucado, illustrated by Sergio Martinez (Crossway, 1997). A wooden puppet named Punchinello discovers that only the Maker's opinion matters — a beloved allegory of divine love and human dignity.

2. **God Made All of Me** by Justin and Lindsey Holcomb, illustrated by Trish Mahoney (New Growth Press, 2015). A faith-based book helping children understand that God made every part of their body and that their body belongs to them.

3. **The Clown of God** by Tomie dePaola (Harcourt, 1978). A poor juggler offers his only gift to the Christ Child — a story of using one's body and talents in service to God.

4. **Patrick: Patron Saint of Ireland** by Tomie dePaola (Holiday House, 1992). The life of Saint Patrick, whose body endured slavery, cold, and hardship, yet was used mightily by God.
5. **The Song of Francis** by Tomie dePaola (G.P. Putnam's Sons, 2009). The story of Saint Francis of Assisi, who praised God for Brother Body and all of creation.
6. **The Miracle of Saint Nicholas** by Gloria Whelan, illustrated by Judith Brown (Ignatius Press, 1997). A story of faith, community, and the power of a saint's intercession in a Russian village.
7. **The Weight of a Mass: A Tale of Faith** by Josephine Nobisso, illustrated by Katalin Szegedi (Gingerbread House, 2002). A Catholic tale about the immeasurable value of the Holy Mass.
8. **The Wonderful Way Babies Are Made** by Larry Christenson, illustrated by Dwight Walles (Bethany House, 1982). A reverent, faith-based introduction to where babies come from, appropriate for young children.
9. **Does God Know How to Tie Shoes?** by Nancy White Carlstrom, illustrated by Lori McElrath-Eslick (Eerdmans Books for Young Readers, 1993). A child's questions about God lead to wonder about the body and the world He made.
10. **Song of Creation** by Paul Goble (Eerdmans Books for Young Readers, 2004). A hymn of praise drawn from the Canticle of the Three Young Men, celebrating every creature God has made.
11. **Brother Francis of Assisi** by Elizabeth Goudge, illustrated by Robert Gibbings (Ignatius Press, reprint edition). The story of the saint who called his body "Brother Donkey" and offered everything to God.
12. **The Legend of the Candy Cane** by Lori Walburg, illustrated by James Bernardin (Zonderkidz, 1997). A Christian tale connecting a simple candy to the story of Christ's love and sacrifice.
13. **Tomie dePaola's Book of Bible Stories** by Tomie dePaola (G.P. Putnam's Sons, 1990). A beautifully illustrated collection of Old and New Testament stories by the beloved Catholic author and illustrator.
14. **The Jesus Storybook Bible** by Sally Lloyd-Jones, illustrated by Jago (Zonderkidz, 2007). A children's Bible in which every story whispers the name of Jesus — connecting creation, the human body, and redemption.
15. **My Big Book of Catholic Bible Stories** by Thomas J. Donaghy, illustrated by various (Catholic Book Publishing Corp., 2006). A comprehensive collection of Bible stories with Catholic context, suitable for young children.

Index

Alphabetical subject index for Quintivium I: Wonderfully Made.

A

- Adaptive immunity, Week 29
- Anointing of the Sick, Week 30
- Artery, Week 24

B

- Bladder (urinary), Week 31
- Blood, Week 24
- Blood cells (red), Week 24
- Blood cells (white), Week 29
- Blood vessels, Week 24
- Body of Christ, Week 34
- Bone, Weeks 1--6
- Brain, Week 17
- Breath / Breathing, Week 25

C

- Capillary, Week 24
- Cartilage, Week 6
- Cell, Week 33
- Chromosomes (XX, XY), Week 32
- Common good, Week 34
- Community, Week 34
- Complementarity, Week 32
- Cooperation, Week 12
- Courage, Week 15

D

Defender cells, Week 29
Diaphragm, Week 25
Digestion, Weeks 26--28
Domestic church (*Ecclesia domestica*), Week 33

E

Endocrine system, Week 21
Epidermis, Week 13
Esophagus, Week 27
Eye / Eyesight, Week 19

F

Faith, throughout
Family, Week 33
Femur, Week 5
Fever, Week 30
Filtration (kidney), Week 31
Five senses, Weeks 19--20
Fortitude, Week 2

G

Genesis 1:27, Week 32
Gentleness, Week 11
Germs, Weeks 29--30
Gratitude, Week 1

H

Hair, Week 14
Handwashing, Week 34
Healing, Week 16, Week 30
Heart, Week 23
Herd immunity, Week 34
Hope, Week 16
Hormones, Week 21
Humerus, Week 5
Hygiene, Week 34

I

Image of God (*Imago Dei*), Week 1, Week 32
Immune system, Weeks 29--30, 34
Incarnation, Week 1
Industriousness, Week 5
Innate immunity, Week 29
Intestines, Weeks 27--28
Involuntary muscles, Week 9

J

James 5:14--15, Week 30
Joints, Week 6
Joy, Week 10

K

Kidneys, Week 31

L

Latin terms (see Glossary of Latin Terms)
Ligament, Week 6
Love, Week 33
Lungs, Week 25
Lymph nodes, Week 29
Lymphocytes, Week 29

M

Male and female, Week 32
Melanin, Week 13

Modesty, Week 13
Muscles, Weeks 7--12

N

Nails, Week 14
Nephrons, Week 31
Nerves / Nervous system, Weeks 17--18
Neurons, Week 18
Neutrophils, Week 29
Nutrients, Weeks 26--28

O

Obedience, Week 18
Organs, throughout
Oxygen, Weeks 24--25

P

Patience, Week 30
Patella, Week 5
Perseverance, Week 27
Platelets, Week 24
Politeia, Weeks 33--34
Prudence, Week 3
Psalm 139, Weeks 1, 35, 36
Public health, Week 34
Purity, Week 31

Q

Quadrivium, throughout
Quintivium, throughout (see also Letter to Parents)

R

Red blood cells, Week 24
Reproductive system, Weeks 32--33
Respect, Week 32
Rest / Sleep, Week 22
Reverence, Week 24
Ribs, Week 3

S

Sacrament of Anointing, Week 30
Self-mastery, Week 8
Senses (five), Weeks 19--20
Service, Week 34
Sexual dimorphism, Week 32
Skeleton / Skeletal system, Weeks 1--6
Skin, Weeks 13--16
Skull, Week 3
Sleep, Week 22
Smell, Week 20
Spinal cord, Week 18
Spine, Week 4
Stewardship, Week 28
Stomach, Week 27
Suffering, Week 30

T

Taste, Week 20
Temperance, Weeks 14, 22
Tendons, Week 12
Thanksgiving, Week 26
Theology of the Body, Week 32
Thermometer, Week 30

Touch, Week 20
Trivium, throughout
Trust, Week 25

U

Uprightness, Week 4
Urea, Week 31
Ureter, Week 31
Urethra, Week 31
Urinary system, Week 31
Urine, Week 31

V

Veins, Week 24
Vertebrae, Week 4
Vigilance, Week 29
Virtues (see Complete List of Virtues Studied)
Voluntary muscles, Week 8

W

White blood cells, Week 29
Wisdom, Week 17
Womb, Week 33
Wonder, Week 20

Soli Deo Gloria
Glory to God alone

WORKSHEETS

The following pages contain worksheets for each week of Quintivium I. Each worksheet is designed to reinforce the lesson through hands-on activity — coloring, labeling, tracing, counting, drawing, and creative response. Tear them out or photocopy them as needed. One or more worksheets are provided for every week of the curriculum.



Parent Teaching Guide

Week 36 — "I Am Wonderfully Made" — Celebration

PURPOSE OF THIS WEEK

This is the final week of *Quintivium I: Wonderfully Made*. It is a week of celebration, thanksgiving, and blessing. There is no new content to learn. Instead, the family gathers to honor what has been received, to give thanks to the God who made the body and the child who inhabits it, and to look forward with hope to the continued journey of learning.

CELEBRATION ACTIVITIES

1. Student Presentation to Family

Invite extended family, grandparents, godparents, or close friends to a brief presentation.

The child shares 3--5 favorite things learned during the year:

A favorite body system and why

A favorite Latin word

A favorite Scripture verse

A favorite activity or experiment

What she is most thankful for about her body

If multiple children are studying together, each presents in turn.

Keep it short, warm, and celebratory. Applaud generously.

2. Certificate of Completion

Present the child with a formal certificate (template below). Read it aloud with solemnity and joy. Frame it or place it in a portfolio.



CERTIFICATE OF COMPLETION

The Quintivium Textbook Series

QUINTIVIUM I: WONDERFULLY MADE

A First Book of the Human Person

This certifies that

_____ has completed the study of
Quintivium I: WONDERFULLY MADE

having explored with wonder, diligence, and joy
the eleven systems of the human body, the
virtues that order the good life, the Latin language
of the learned, and the Scriptures that illuminate
the truth.

“I praise You, for I am fearfully and wonderfully made.”

Completed on this _____ day of _____, 20____

Parent / Teacher

Student

Soli Deo Gloria

3. Prayer of Thanksgiving

Gather the family. Pray the following prayer together (or compose your own):

Heavenly Father, thank You for this year of wonder. Thank You for the gift of the body — for bones that hold us up, for muscles that let us move, for skin that shelters us, for a brain that thinks, for a heart that beats, for blood that flows, for lungs that breathe, for a stomach that nourishes, for defenders that protect, for kidneys that purify, and for the gift of life that began in love. Thank You for making each of us fearfully and wonderfully. We offer our bodies back to You — every part, every system, every cell — and we ask that You use them for Your glory. Through Christ our Lord. Amen.

4. Looking Ahead

Share with the child what lies ahead: "*Quintivium II: The Temple Within* will take us deeper into the wonders of the body — how it grows and changes, how it heals and endures, and how God continues to work in us as we grow older." Build anticipation.

5. Feast Day Celebration

If possible, celebrate with a special meal. Let the child choose a favorite food. Before eating, pray the Grace Before Meals (child version, found in the Prayers section of the back matter). Discuss: "This meal nourishes the body God gave us. Eating together is an act of thanksgiving."

A FINAL WORD TO PARENTS

You have done something remarkable this year. You have taken up the ancient, sacred task of teaching your child to know herself — not as the world would have her know herself, but as God knows her: as a creature of infinite dignity, a temple of the Holy Spirit, a body-soul unity destined for glory.

The knowledge your child has gained this year is not merely academic. It is formational. She now carries within her a framework for understanding her own body that is rooted in truth, beauty, and goodness — in science that serves wonder, in language that names reality, and in faith that illuminates everything.

This is just the beginning. The *Quintivium* Series will continue to deepen and expand this vision in the years ahead. But the foundation has been laid — and it has been laid by you, in your home, with your child, under the grace of God.

Thank you for entrusting us with a small part of this great work. The rest — the greater part, by far — belongs to you.

Deo Gratias.

BACK MATTER