

Gentleness

Mysterious Objects

Hide five objects which can help teach gentleness in their own bags, such as a vase, a hair brush, a stuffed animal, a plastic insect, or a book with paper pages. Have the children open each bag and practice being gentle with the objects.

Washing Dishes

Have the children help wash several delicate dishes in the sink, helping them if they require assistance. Have them dry and put the dishes away.

Gentle Voices

Go to a library, restaurant, or outside early in the morning when neighbors are still sleeping and practice using soft voices.

Asking Others for Gentleness

Ask the children about times they wanted someone to be gentle and practice what they might say in those situations. This can also include gentle voices.

Gentle Hands

Paint the children's hands, then have them make hand prints on a paper. Above the hands write "Gentle Hands". Talk about how they can choose to keep their hands gentle.

Using Gentle Hands to Make Big Art

Gather objects the children can stack, such as cans and containers from the kitchen, storage boxes, or even chairs and couch cushions. Stack them together, using gentle hands (and slow movements) so that you are careful not to knock any object over. Help children create a large masterpiece that wouldn't have lasted without gentleness.

Boiled Egg

Give all children a spoon with a hard boiled egg on it, shell still intact. Spread the children out and ask them to walk from one to another gently transferring the egg when they arrive to meet a friend making sure the egg does not drop.