



# Radiant Hearts

## **Gentleness: Getting Started**

### ***Inspiring Words***

My highest wish and desire is that ye who are my children may be educated according to the teachings of Bahá'u'lláh and may receive a Bahá'í training; that ye may each become a lighted candle in the world of humanity, may be devoted to the service of all mankind, may give up your rest and comfort, so that ye may become the cause of the tranquillity of the world of creation.

(Abdu'l-Baha, Selections, p. 141)

### ***Printables***

Page 1: Spiritual Treasure Box Projects

Page 2: Devotional

Page 3: Booklet

Page 4: Radiant Hearts Book Template

Page 5: Monthly Letter Template

Page 6: Daily Activity #19

*See the "Printable" document for these pages.*

### ***Questions to Consider***

How do I currently model Gentleness?

What are ways I would like to model Gentleness better?

How does my child currently exhibit Gentleness?

What aspects of showing Gentleness can I help my child work on?



Enable Me  
to Grow



# Radiant Hearts

## **Gentleness: Foundation**

### ***Prayer***

Thy name is my healing, O my God, and remembrance of Thee is my remedy. Nearness to Thee is my hope, and love for Thee is my companion. Thy mercy to me is my healing and my succor in both this world and the world to come. Thou, verily, art the All-Bountiful, the All-Knowing, the All-Wise.

(Baha'u'llah, Baha'i Prayers, p. 85)

Gentleness

### ***Quotation***

If it be Thy pleasure, make me to grow as a tender herb in the meadows of Thy grace, that the gentle winds of Thy will may stir me up and bend me into conformity with Thy pleasure, in such wise that my movement and my stillness may be wholly directed by Thee.

(Baha'u'llah, Prayers and Meditations by Baha'u'llah, p. 240)

Gentleness

### ***Introduction to the Virtue***

Gentleness is being kind to other people. It is considering their feelings before you do or say something. Being gentle means controlling yourself so you do not hurt anyone else with your voice or body. We should be gentle with animals as well. Gentleness also means being careful with things so they will not be damaged or broken. When we are gentle we touch softly, speak quietly, and move carefully.

Can you show me what it means to use a gentle voice?

How do you feel when someone is not gentle? How could they be more gentle?

What does it mean to have "gentle hands"?

Gentleness

### ***Songs***

#### **Compassion** **(Virtues In Us #37)**

Let me give my friend a hug,  
a gentle hug, a gentle hug,  
let me give my friend a hug  
when he is hurting.  
Let me get a tissue,  
a tissue, a tissue,  
let me get a tissue  
to wipe away his tears.

Gentleness

#### **My Gentle Friend** **(tune "Twinkle Twinkle Little Star")**

Today I met a gentle friend  
I really liked to play with him  
He touches softly, never shouts  
Friendly words come from his mouth  
Gentle friends can be fun too  
Let's be gentle, me and you

Gentleness



# Radiant Hearts

## **Gentleness: Daily Activities**

### ***Activities for Every Month***

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box project (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

### ***Games and Role Plays***

7. "Today we're going to practice being gentle with some mystery 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 your child open each bag and practice being gentle with the objects. <span style="float: right;">Gentleness</span>
8. "Today we're going to learn how to massage each other gently." Massage is a special way to teach children about using gentle hands. Rub your child's shoulders gently and explain how you are touching them without too much force because if you touched them too hard, it would hurt. Have them practice massaging your shoulders gently as well. <span style="float: right;">Gentleness</span>
9. "Today we're going to practice being gentle washing the dishes." Have your child help you wash several delicate dishes in the sink, helping them if they require assistance. Have them dry and put the dishes away. <span style="float: right;">Gentleness</span>
10. "Today we're going to play a game called 'Can You?'" Using a doll, ask your child "Can you rock the doll gently to sleep?" encouraging them to practice gentle hands. Feed, bathe, dress, and carry the baby. <span style="float: right;">Gentleness</span>
11. "Today we're going to teach our puppet to play gently." Have a puppet or stuffed animal play a bit rough (jump, grab, or throw) and help your child explain how we must be gentle so we don't hurt each other. <span style="float: right;">Gentleness</span>
12. "Today we're going to visit a place where we must be very quiet and use gentle voices." Go to a library, restaurant, or outside early in the morning when neighbors are still sleeping and practice using soft voices. <span style="float: right;">Gentleness</span>
13. "Today we're going to practice asking someone to be gentle when we feel hurt or unsafe." Role play with your child, taking turns "playing rough" and asking each other to "please be gentle." Ask your child about times they wanted someone to be gentle and practice what they might say in those situations. This can also include gentle voices. <span style="float: right;">Gentleness</span>



## **Gentleness: Daily Activities (continued)**

### ***Creative Arts***

14. "Today we're going to find some dry leaves outside to make a picture." Go outside and collect dry leaves, taking special care not to hold them too tightly so they will not crack. Glue them very carefully on a paper to make a picture of a tree, and talk about how we should be gentle with plants and never harm them unnecessarily. <span style="float: right;">Gentleness</span>
15. "Today we're going to create a picture of our Gentle Hands." Paint your child's hands then have them make hand prints on a paper. Above the hands write "Gentle Hands" and below write the quotation. Talk to your child about how they can choose to keep their hands gentle. <span style="float: right;">Gentleness</span>
16. "Today we're going to practice being very gentle while we handle delicate foods." Prepare a snack that involves delicate food items, such as eggs (which you can place in a pot gently to make boiled eggs) or thin crackers (which you can gently spread peanut butter or margarine over). <span style="float: right;">Gentleness</span>
17. "Today we're going to learn an action rhyme called 'Little Leaves.'" Learn this poem and follow the actions: Little leaves fall gently down / Red and yellow, orange and brown (flutter hands as leaves falling) / Whirling, whirling round and round (turn around) / Quietly without a sound (put finger to lips) / Falling softly to the ground (begin to fall slowly) / Down and down and down and down (lie still on floor) <span style="float: right;">Gentleness</span>
18. "Today we're going to use our gentle hands to make a big work of art." Gather objects your child 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 your child create a large masterpiece that wouldn't have lasted without gentleness. <span style="float: right;">Gentleness</span>
19. "Today we are going to decorate a page about Gentleness." Use the last sheet from the Printables to talk to your child about various ways to be gentle. Ask your child if they would like to add any objects to the page. You may wish to draw more objects from your own house. <span style="float: right;">Gentleness</span>

*Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:*

<http://www.enablemetogrow.com/gentleness/>