



family challenge

April 20, 2020

# Gentleness

*“But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy.”*

*- James 3:17*

**I will have loving hands.**

**I will use a good tone of voice.**

**I will use words wisely.**

**I will have pleasant body language.**

# Family Activities

## Gentle Sense

In school, your children will learn about the five senses. We can use these senses to reflect on ways to be gentle. Talk about each of the five senses with your children this week, and ask them how they can show gentleness in each of these areas.

*Sight* First, talk about how there are images in this world that are not gentle. We need to make choices in what we read and look at in magazines, TV, on the computer, and videos. Is what I am looking at gentle to my mind or can it influence me in a negative way? Second, practice giving gentle looks. Many of our children master “the scowl” at a very young age. This is something that should be addressed, as the looks we give can be ugly. It is important to learn to talk and respond with a gentle face.

*Touch* Get out the Legos (or whatever building blocks you have) and build a tower. Talk about how a person has to have a gentle touch to grow the tower tall. Knock the tower down to see the opposite results of a gentle touch. (You could also play a family game of Jenga!) Next, address the importance of loving hands. Explore what loving hands look like and talk about inappropriate touch - hitting, kicking, breaking things, etc.

*Taste* The tongue enjoys a variety of flavors, ranging from more mild to more of a kick. Explore different flavors by trying things that are mild and gentle on the tongue (like milk and cheese) vs. things that are more aggressive (like Hot Tamales and Hot Sauce or salsa). Tell your children that it is OK to like and try foods that are not gentle.

*Hearing* There is definitely a gentle approach to how we talk. This is something that any of us could stand to work on. Discuss what it means to speak with gentleness and, also, how we feel when we hear someone not speak gently.

*Smell* Like taste, you can show the variety of smells you will encounter and the contrast between gentle smells vs. pungent smells. Walk around the house and smell things, trying to determine if they are gentle or aggressive in smell. You can try laundry detergent, soap, the diaper pail, coffee, flour, perfume, candles, etc.