



# The Virtue of Gentleness

Gentleness is moving wisely, touching softly, holding carefully, speaking quietly and thinking kindly. When you feel mad or hurt, use your self-control. Instead of harming someone, talk things out peacefully. You are making the world a safer, gentler place.

## *You are practicing Gentleness when you:*

Make is safe for people and animals to be around you

Touch carefully

Speak with a soft voice

Express your feelings peacefully

Take time out when you don't feel gentle

Think gentle thoughts that make you smile inside

## *Affirmation*

I am gentle. I think, speak and act with gentleness. I show care for people and for everything I touch.

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