

# Monthly Wellbeing

# June



## Gentleness



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

### What is Gentleness?

Gentleness is a strong hand with a soft touch. It is the quality of being kind.

### Gentleness Through Actions:

Showing gentleness through our actions creates for a healthier environment to play, grow, live and learn in. This can look like:

- ◆ Playing carefully without causing harm –to self and others
- ◆ Treating belongings with respect – yours, friends, families & teachers
- ◆ Thinking the best for someone, hopes for the best, and encourages the best

Gentleness creates mindful-awareness to develop focused attention, emotional balance and wellbeing.

### Gentleness Teaches:

- ◆ Strength
- ◆ Mindfulness
- ◆ Respect
- ◆ Accountability

### Gentleness Tips:

- ◆ Speak to others with sensitivity, tolerance & compassion
- ◆ Care for people around you –students, children and environment
- ◆ Take time to find peace in your day –walks, talks and meditation
- ◆ Know how to apologize – take responsibility for your actions

### Gentleness Resources:

School Mental Health Ontario

<https://smh-assist.ca/>

Faith & Health Connection

[https://](https://www.faithandhealthconnection.org/)

[www.faithandhealthconnection.org/](https://www.faithandhealthconnection.org/)

Mind UP

<https://mindup.org/>

Andy Mort

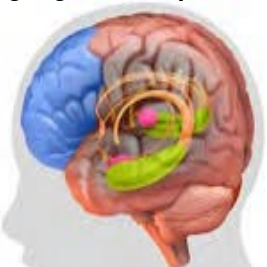
<https://www.andymort.com/>

### Gentleness Challenge

Create a space in your classroom, or home that promotes gentleness; This could be a wall, table or jar. Once you have established the space place images or write words that will give reminders to be gentle. This will help to notice the good qualities in yourself and others, reinforcing kindness and gentleness.

### Reminder!

Ask your children about Mind-UP. A program done within our classrooms that encourages gentleness practices!



Let your gentleness be evident to all. The Lord is near. Philippians 4:5

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