



July 2009

Character Council Educator Quality of the Month Gentleness

Gentleness: Showing consideration and personal concern for others

I will:

- show good manners
- reject violence as a solution to my problems
- look for ways to ease the pain of others
- not annoy or irritate others
- be a peacemaker

Gentleness is the quality of hidden strength – just ask mild-mannered Clark Kent, the man behind Superman! Gentleness is having the strength to control your reaction and channel your efforts without losing your temper. This month, practice gentleness by watching the gentleness of your words.

☺ **Cut the Friction** – Start this lesson with a brief science lesson on friction. You may want to include a reference to motor oil commercials that advertise how their product reduces friction. A good demonstration of friction is have the students rub their hands together rapidly to experience the heat generated when moving parts come in contact with one another. Explain how lubrication keeps moving parts from overheating so they can work together properly. Relate friction between moving parts to friction in a relationship. Explain how gentleness in the way we treat one another (reference the I Wills) can be the lubrication that keeps friction out of our relationships. Give each student a simple outline picture of an oil can (I'm reminded of the one Dorothy used on the tin man in the Wizard of Oz). Have them identify ways that they can be peacemakers in relationships. Hang these around the room as reminders all month. You may opt to have one large picture of an oil can where you can record the students' suggestions and then hang up this one poster.



☺ **Miss Manners** - Simple manners is something that many students miss learning. For this exercise, assign a manner to each student or a pair of students. Allow them time in the library or use of the internet to research the details of the manner they are assigned. They are then to present their findings to the class in the form of a verbal quiz or any gameshow setting of their choosing. For younger students, you may want to provide them with details on the manner or simply review one manner a day this month. Below is a list of suggested manners and behaviors to cover:

- How to introduce someone or yourself
- How to shake hands
- How to receive a compliment
- How to use Please and Thank You
- How to interrupt a conversation
- How to have good table manners
- How to be a proper host

- How to act on the telephone, texting, IM, facebook and when not to use it
- How to ask for clarification
- How to sit and stand properly
- How to write a Thank you note
- How to be a good sport

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Jill Tomey, Director of Education, jtomey@charactercincinnati.org**

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513.467.0170 mrussell@charactercincinnati.org

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