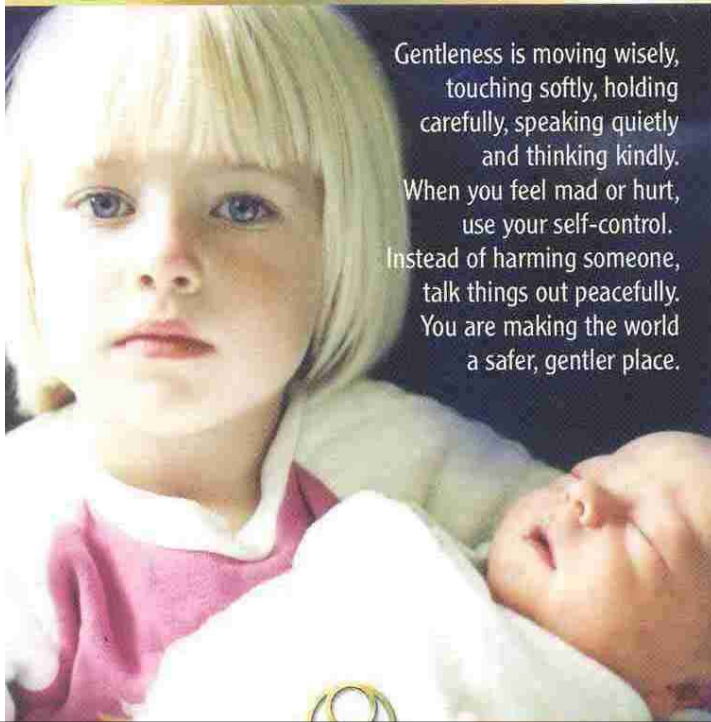


# Family Virtues Newsletter

This weeks Virtue:

## 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.

Things a family can do to practice

## Gentleness...

**Make it safe for people and animals 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**



The virtue class practices gentleness learning to touch carefully while trying to catch the bubbles without breaking them.



The class was reminded of the delicate beauty of a butterfly when they made this colourful craft.

**Next Virtue:**

# Responsibility

**Come join the fun:**



Virtues classes are held each Sunday in the Grand Bend Public School, Community Access Room. Children ages 5 – 14 are welcome and it's free. Call Josy and Gord Britton at 238-6036 or [gordbritton@hay.net](mailto:gordbritton@hay.net) to register your child. [www.virtuesproject.com](http://www.virtuesproject.com)