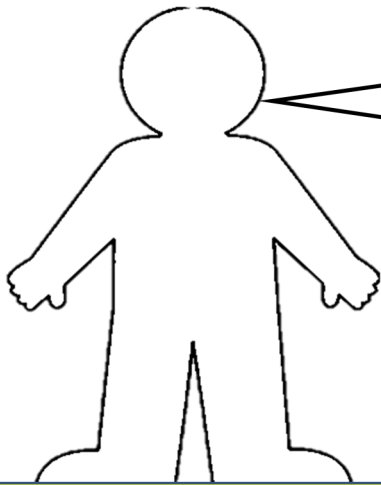




Gentleness can be shown in many ways; we can be gentle with our actions and our words. Our words are really powerful. As much as our words can hurt others, so they can also encouragement and build people up too.



Who are the people that encourage you?

Can you remember what someone has said or done that has encouraged you?

How do you feel when someone encourages you?

How would you encourage someone if ...

... you are on a school trip and everyone is trying abseiling. You have done it before and find it easy; but one child spends a lot of time at the top and you can see that they are scared.

How would you encourage someone if ...

... you have a piece of homework that involves drawing. Your best friend hates drawing and thinks they are not very good at it. They get upset and tells you they are not going to do it.

T³ O¹ D³ O¹

How can you encourage three different people today?