



Dear Family,

February is a great month to talk with your child about the virtue of gentleness at the same time you are teaching your child to read and write. Help your child begin to understand through conversations and books the reasons why it is important to be gentle or mild in manner!



**Show your child how to speak with gentleness.** One of the best ways to teach gentleness is to model gentleness by speaking softly, resolving problems using words, and using gentle words.

Example: Saying “*use soft hands*” instead of “*don’t touch*” to your child.



**Teach your child new vocabulary words to use such as *gentle, kindness, patience and honesty*.** Use these words often to describe your child’s actions and the actions of other people, “*You waited so patiently when we were at the post office. I am so proud of you!*”



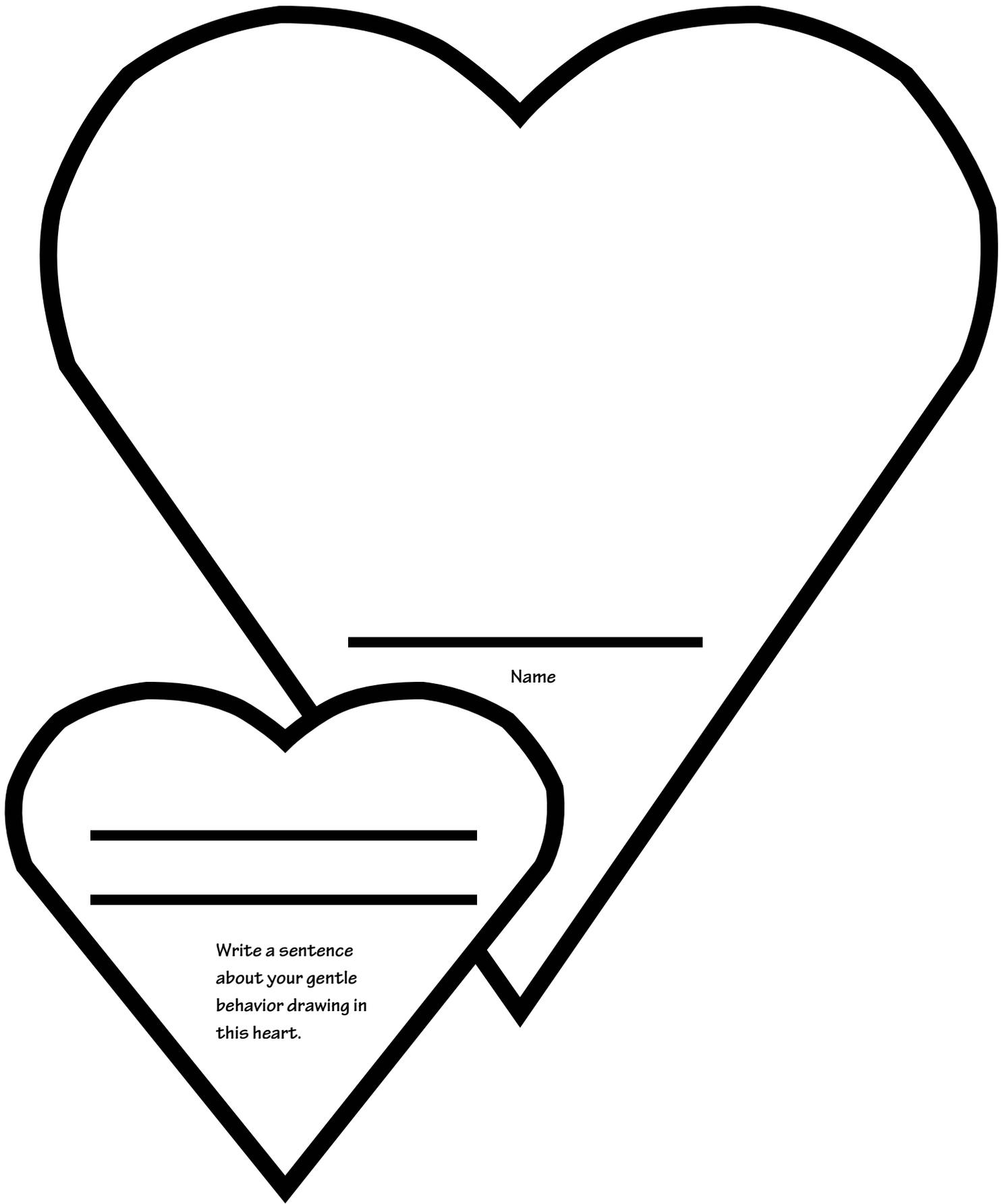
**Discuss why gentleness is needed in daily situations.** For instance, if you child receives a new book, you might ask “*How would you turn the pages?*” Explain to your child why gentleness is needed. “*We turn the pages gently so we do not tear them. Then, we can read the book again another day*”.



**Read books that encourage kind, gentle behaviors.** Children can learn gentleness through storybooks with kind, caring characters, especially ones who solve their problems without violence or aggressive actions. For example, *Somebody Loves You, Mr. Hatch* by Eileen Spinelli is a Valentine’s Day picture book that shows the importance of love and kindness.

**For this month’s activity, draw with your child a gentle behavior inside the heart. Write a simple sentence to go with the picture, and then cut out the hearts. When your heart is complete, return the heart to your child’s teacher.**





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Name

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Write a sentence  
about your gentle  
behavior drawing in  
this heart.