



Agency for International
Programs for Youth
Republic of Latvia



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MOPYL

Mobile Program for Youth Learners



LESSON PLAN 22 EMBRACING GENTLENESS

PART A: LESSON METHODOLOGY

QUALITY	Gentleness
<p>GENERAL DESCRIPTION OF THE QUALITY</p>	<p>According to ViaCharacter, Gentleness involves:</p> <ul style="list-style-type: none"> ● Being down to earth (humility), ● having a quiet ego (humility), ● being quick to let things go (forgiveness), ● having a soft and supportive demeanour (kindness) ● being orientated toward the other (kindness), ● being polite and courteous. <p>According to RaftCares, a gentle person is that who is kind, amiable and without rudeness. A gentle person makes no abrupt movements or declarations. They are courteous, polite and soothing to be around. For a gentle person, there is no need to be harsh or act with violence (<i>RAFT</i>).</p> <p>What is Gentleness then? According to the Cambridge Dictionary, Gentleness it is the following: <i>Gentleness is the quality of being calm, kind and soft.</i></p> <p>Gentleness</p>

	<p>When we think of a gentle person, we envision someone who is kind, amiable, and without rudeness. A gentle person makes no abrupt movements or declarations. He or she is courteous, polite, and soothing to be around. There is no need to be hurried, to be harsh, or to act with violence (<i>RAFT</i>).</p> <p>A gentle person exudes a quiet confidence. This is a confidence borne from being okay with the world and with what comes your way (<i>MoPYL team</i>: in other words it can be a firm patience). It is derived from a calm, quiet mind (<i>MoPYL team</i>: in other words also peaceful). The ability to handle those things denotes an inner strength (<i>MoPYL team</i>: in other words also self-motivation and self-control) that is often overlooked. This gentle confidence is also evidence that there is a firm awareness of what is right and what is not (<i>MoPYL team</i>: in other words also responsibility) (<i>RAFT</i>).</p> <p>Gentleness can be the greatest strength when people are aware of their boundaries and are willing to enforce them. There is safety in knowing where the edges of the boundaries rest. When people are able to stay within these boundaries, they are gifted with a sense of safety and peace as a result. This boundary enforcement can be gentle while still being firm (<i>RAFT</i>).</p> <p>Where should the boundaries be created? Boundaries exist in all areas of life. Consider the following general categories:</p> <ul style="list-style-type: none"> • Physical • Mental • Emotional • Social • Spiritual • Professional • Fun (<i>RAFT</i>).
<p>GENERAL DESCRIPTION OF THE LESSON</p>	<p>The lesson consists of three parts - introductory part (~ 10% of the time), main part (~ 75% of the time), final part (~ 15% of the time). The introductory part consists of: a) links with other lessons; b) introduction. The main part consists of theoretical and practical (individual, pair, group) parts. The final part consists of a lesson summary and conclusions, feedback, questions and answers.</p>



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AIMS OF THE LESSON	<ol style="list-style-type: none">1) to learn the positive features of gentleness;2) to learn how to choose gentleness every day;3) educate the students on the importance of being gentle and exercise the features of gentleness.
NON FORMAL EDUCATION METHODS OF THE LESSON	<ol style="list-style-type: none">1) theoretical training,2) discussions, debates, learning to learn, simulation, observing, feedback, questions and answers, etc.
AGE GROUP	13-15 years old
EXPECTED OUTCOMES OF THE LESSON	<ol style="list-style-type: none">1) students understand that gentleness is one the most important fruits of their spirit.2) students get to reflect on the fact that gentleness is the best path to follow when there is anger around.3) students are able to notice gentleness by being confronted to Biblical situations and daily life situations.
PART B: LESSON DESCRIPTION	
SLOGAN	<p style="text-align: center;">“Be healing with your words, be tender with your words, be gentle with your words and watch your words bring gentle, tender healing in the hearts of others.”</p> <p style="text-align: right;"><i>Heather Wolf</i></p>



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<p>DILEMMA</p>	<p>Gentleness was selected as one of the 13 values. Within the project life-time, 305 young people of age 14 – 15 years were questioned regarding the thirteen values promoted by the project MoPYL, which helped to see the focus of the young people and develop lesson plans taking into account needs and expectations of youth.</p> <p>Within the Research Report of the project MoPYL, gentleness regarding Christian values and youth was mentioned in the Romanian Focus group by the RO01 participant: Joy is marked the 1st as gentleness is on the 9th and this reflects a tendency in focusing on own pleasure rather than community wellbeing’ (page 3 of the Results from the Focus Groups). This makes a good point and fits together with previous researches and concerns about young generation lacking this quality. Therefore, the project team considered that at least two lesson plans should be developed promoting the value of ‘gentleness’, because some qualities should be taught rather than promoted within the ones that are interesting to the young people, but being focused on own benefits rather than society.</p> <p>The results of the MoPYL Research Report helped the project consortium to decide upon the amount of values of gentleness to be promoted by the project plans.</p> <p>See the full project MoPYL Research Report in the project’s homepage www.mopyl.eu.</p>		
<p>MATERIALS NECESSARY FOR THE LESSON</p>	<p>Projector, screen, computer, access to Wi-Fi or mobile internet, flipchart, white paper, markers, pens.</p>		
<p>LESSON LENGTH</p>	<p>1 learning hour, i.e. 45 minutes</p>		
<p><u>INTRODUCTORY PART</u></p>	<p>Anticipatory set</p>	<p>3 minutes</p>	<ul style="list-style-type: none"> ● greeting and engaging students ● connection with prior learning on the topic ● explanation of the current lesson’s material ● explanation of tasks for the students



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			<ul style="list-style-type: none"> ● connection to the future learning
	Introduction of the new material	2 minutes	<ul style="list-style-type: none"> ● direct instructions of the content ● modelling of new values – gentleness ● checking of students’ understanding
<u>MAIN PART</u>	Guided practice	30 minutes	TITLE: Embracing Gentleness
	<p>Gentleness is being very careful and considerate in what you say and do. It means touching things with care and speaking in a soft voice. Gentleness is being sensitive and taking care not to hurt other people’s feelings or bodies. The Bible says that gentle words turn away anger. Abigail’s gentleness turned away David’s anger when he wanted to kill her husband, Nabal.</p> <p>The story: Nabal was a very rich man. He owned lots of land and lots of sheep. But he was rude and mean to his servants and his wife, Abigail.</p> <ul style="list-style-type: none"> • When David was running away from King Saul, he stayed near Nabal’s land. David and his men helped Nabal’s shepherds. They kept thieves and wild animals away from the shepherds and their sheep. • One day, David sent some men to ask Nabal for help. They told Nabal how they had helped his shepherds. Then they asked for food and water. Nabal said, “Who is this David? Why should I give him food?” Nabal did not help David and his men. • This made David very angry. He planned to kill Nabal. But Nabal’s wife, Abigail, was kind and gentle. She heard how her husband shouted at David’s men. Secretly, Abigail loaded up many donkeys with food and drinks for David and his men. 		

	<p>• Abigail bowed before David. “Please,” she said, “take this food. Forget about Nabal; he is foolish. God will make you a great king one day.” David saw that Abigail was wise. He sent her home in peace. He praised God for her advice. Abigail’s gentle words turned away David’s anger.</p> <p>The teacher reads the story of Abigail to the students.</p>
<p>GROUP PRACTICE</p>	<p>10 minutes</p> <p>The teacher asks if there are any questions related to the story of Abigail. The teacher takes and answers the questions. Then, in order to facilitate group discussion, teachers asks the following questions:</p> <ol style="list-style-type: none"> 1. Why Nabal couldn't show gentleness to David? 2. What would have happened if David had sought revenge against Nabal? 3. Why is Abigail a figure of gentleness? 4. Can you name any situations when you experienced gentleness? How did you feel?
<p>SITUATION</p>	<p>The teacher divides the groups into 3 and then reads the situation to each of the groups.</p> <p>Situation: Imagine that you have an argument to solve with a colleague of yours. The colleague is pretty sure you have stolen their wallet. However, you know that you have not done that, as you are against robbery. The colleague does not believe you, he is very angry and slaps you.</p> <p>Task: Put yourself in the shoes of the person that is slapped and think how you would act back. Be honest, self-reflect and then discuss in groups your answers.</p> <p>Presentation: After discussing, the teacher asks the students to come in front with their groups and present their reactions.</p>



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	<p>The teacher ends the lesson with the following words: choosing gentleness is not always a piece of cake. If somebody beats you, swears at you, is doing injustice to you, slaps you, says bad words to you, the instinct will not always be to turn the other cheek as in the Biblical passage: ‘Do not resist an evil person! If someone slaps you on the right cheek, offer the other cheek also. If you are sued in court and your shirt is taken from you, give your coat, too. If a soldier demands that you carry his gear for a mile, carry it two miles.’ (Matthew 5:39–41)</p> <p>However, you have the example that Jesus gave to everyone which is the real power. Slapping back does not reveal the real power. The real power is always to stay gentle and kind.</p>	
<p>MORAL</p>	<p><i>Gentleness is always an option.</i></p>	
<p><u>FINAL PART</u></p>	<p>12 minutes</p>	<p>Brief summarising of the lesson, discussion of the lessons learned, debates if the learners raise unclear, discussable issues.</p> <p>Feedback of learners for the best practices to be applied for future.</p>
<p>REFERENCES</p>	<ol style="list-style-type: none"> 1. English standard Version Bible. <i>Bible</i>. Accessed: 25.07.2022. https://www.biblestudytools.com/esv/. 2. Erasmus+ Project. 2022. <i>Mobile Program for Youth Learners. MoPYL Research Report</i>. Available at: www.mopyl.eu. 3. Niemiec, R. 2020. <i>Gentleness as a Compound Strength</i>. VA Institute on Character. Accessed: 25.07.2022. https://www.viacharacter.org/topics/articles/gentleness-as-a-compound-strength. 4. Resilience for Advocates through Foundational Training (RAFT). 2019. <i>How to Be Strong While Still Being Gentle</i>. RAFT Team. Accessed: 25.07.2022. https://www.raftcares.org/resources/community-blog/how-to-be-strong-while-still-being-gentle/. 	