



I Am Gentle! 🙌

A calming lesson for little hearts (Ages 3-5)



Big Idea

Being gentle is good.



Heart Goal

The child feels that calm, soft behavior is beautiful and pleasing.



Lesson Objective

The child can identify gentle actions in speech or movement.

Language Focus: Gentleness



Story Time with Huda 🧒

Huda was holding a baby doll in class 🧸. Another child came close and wanted to see it too.

For a moment, Huda wanted to pull it away quickly. 😞

Then she remembered her teacher's words: *"Use gentle hands."* 🙌

So Huda slowed down. She held the doll softly and let her friend look.

Later, when they lined up, Huda walked carefully. She did not push. She used a quiet voice. 🤫

Her teacher 🧑🏫 smiled and said, **"You are being gentle."**

Huda liked how that sounded.

"Gentle hands 🙌, gentle feet 🦶, gentle words 🗣️," the teacher said.

Huda repeated them softly. She looked at her hands and then her feet.

**At the end of the day, she smiled to herself and said,
"I am gentle." 🌸**



Talk Together

- What does gentle mean?
- Did Huda use gentle hands?
- Can we use gentle words too?



Let's Say It!

"I am gentle."



Tiny Dua

O Allah, help me be gentle.



Practice Today

Use:

- gentle hands 🙌 • gentle feet 🦶 • gentle words 🗣️



Teacher/Parent Note:

Pair this with modeling, not only instruction. Children need to see and feel gentleness in your voice and touch. Emphasize that being gentle is a beautiful quality.