

Introduction to the Culture of Gentleness

What is Our Central Purpose In a Culture of Gentleness?

The 'Central Purpose' of Gentle Teaching is to nurture, teach, and sustain the experience of connectedness, companionship, and community.

This approach aims to create a supportive and inclusive environment where people can feel valued, accepted, and part of a community.



The Six Elements

Cultivating a Safe Haven:
Ensuring Emotional and
Physical Security



SAFETY

Ensuring a physically and emotionally secure environment for people, where they feel protected and free from harm.



VALUED

Conveying the message that each person is important, appreciated, and has inherent worth.



POSITIVE INTERACTIONS

Fostering meaningful and supportive interactions that build trust, connection, and a sense of belonging.



LOWERING DEMANDS

Adjusting expectations and pace to match the person's abilities, allowing them to experience success and growth.



CREATING STRUCTURE

Providing a predictable and organized routine to help people feel grounded and in control.



SMOOTHENING TRANSITIONS

Carefully managing changes and transitions to help someone adapt and feel secure.