

Gentle Teaching Knowledge & Experience

Instructions: Please refer to "Mending Broken Hearts" to answer the following questions. You can find a copy in the Globe Star office if you don't already have one.

Name _____ Today's Date _____

Chapter 1: Companionship and Community

1. What are the four pillars of companionship?
2. What are the four tools of caregiving?
3. In your opinion, do you see any contradictions between Gentle Teaching philosophy and modern cultural values?
4. Which of the following is embodied in a spirit of gentleness?
 - a. nonviolence
 - b. social justice
 - c. unconditional love
 - d. warmth
 - e. all of the above
 - f. none of the above
5. True or False: Engagement is based on both physical and emotional safety.

Chapter 2: Looking at Ourselves

1. Why do we need to take the time to look critically at ourselves?

2. MATCHING

- | | |
|------------------------|---|
| ___ Listening | a. on-going expression of deep warmth |
| ___ Talk | b. reading the person; draws out feelings |
| ___ Warm Protection | c. gives the person feeling they are safe with us |
| ___ Restraint | d. objectifies the person and disregards feelings |
| ___ Unconditional Love | e. focuses on using power to control others |
| ___ Earned Reward | f. only acknowledges good behavior |

2. What is the most profound vulnerability we face?
 - A. Rejection
 - B. Death
 - C. Fear
 - D. Weakness
3. Give three examples of inner vulnerabilities.
4. True or False: Everyone has vulnerabilities.
5. Bodily integrity includes all of the following, except:
 - A. Health Care
 - B. Safe from Harm
 - C. Nourishment
 - D. Being Beautiful
6. Which of the following shows that a person feels self worth?
 - A. Pride in Self
 - B. Pride in others
 - C. Refusal to Communicate
 - D. Withdrawal from Group

Chapter 5: Community centered celebration

1. What is a community-centered celebration?
2. Celebrations promote:
 - A. Independence
 - B. Individualism
 - C. Community
 - D. Individual Good
3. True or False: It is acceptable to tell a person that their dream is impossible.
4. True or False: At a celebration, we are not talking about agency obligation, but about personal commitment.
5. Who makes the decisions at the celebration?

Chapter 6: Community Formation

1. Name three activities of caring:
2. Explain what kitchen table dialog is and what it is for:
3. True or False: In the beginning, it is common for those we serve to play an extremely passive role?
4. What is the role of a servant leader?
5. Why do we need to know our vulnerabilities?

Chapter 7: Mentoring a spirit of gentleness

1. Name one of the goals of mentoring:
2. Give two examples of topics to talk about in the first “kitchen table dialogues”:
3. What are some of the intended outcomes of mentoring? (Please list at least 3)

Chapter 8: Mending the broken heart

1. Our role is to open our _____ and _____ to the _____.
2. Finish the poem

*Take your gifts and
The mandate of love.
Gentle your way
Into a broken heart.
And, then,
Mend it
With your laces
of _____*