

# Patience

**PATIENCE** is the ability to wait calmly without complaining, even when something takes a long time.

## LESSON 1

Read the definition of **PATIENCE**. Ask: *Has anyone ever told you to “Be Patient”? What were you doing? Was it easy or hard to be patient?* Explain that having patience makes it easier to wait and remain calm. Read the following sentences and ask how they can show patience in each.

- 1) **You have money to buy an ice cream, but the line is very, very long and you are last in the line. In order to show patience you would...**
- 2) **The recess bell rang and all the students ran out to the playground. You are so excited to swing but someone else got there first. In order to show patience you would...**
- 3) **Your teacher gave you lots of homework. Your mother will not let you play until it is completely finished. In order to show patience you would...**

Encourage students to make an extra effort throughout the day to show patience.

*School/Home Link* Ask students to talk with a family member about a time when it was difficult to be patient.

## LESSON 2

Review the definition of **PATIENCE**. Explain that the opposite of patience is impatience. Tell students to pretend they are walking their dog on a leash. The dog is fast, so they have to walk fast to keep up. Now have students imagine they are walking a turtle. Since the turtle is so slow, they have to walk slowly and sometimes even stand still. Ask which situation would most likely cause them to feel impatient. Have students raise their hands if they have ever gotten impatient with someone for not moving fast enough. Ask them to describe the situation, tell why they felt impatient, and how they showed their impatience. Have the class vote, by show of hands, if they agree that patience is an important skill to develop.

*School/Home Link* Ask students to talk with a family member about situations where patience is needed.

## LESSON 3

Review the definition of **PATIENCE**. Explain that although patience takes a lot of effort, it is an important skill to learn. Tell students they will participate in a brief activity that will help them practice patience. Read: **Stand beside your desk. Remain perfectly quiet. Do not move until I tell you that one minute has passed.** Time one minute. Ask students if it felt longer than one minute. Explain that patience helped them wait to move until the whole minute had passed. Encourage students to practice being patient when they are in situations where waiting is necessary.

*School/Home Link* Ask students to share the activity with a family member.

## LESSON 4

Review the definition of **PATIENCE**. Ask students if they have ever baked bread. Explain that light, fluffy bread takes time and patience. Teach them about yeast, which is a fungus, and when mixed with correct amounts of sugar and warm water, creates a gas called carbon dioxide. This gas bubbles and expands the dough. The process can take up to two hours. Ask students how the bread would turn out if they did not wait for the dough to rise. (Heavy, flat, etc.) Ask if they would want to buy bread from a baker that didn't use patience to let it rise. Tell students to think about patience the next time they see a slice of bread.

*School/Home Link* Ask students to explain to a family member how a loaf of bread is a reminder to be patient.

## LESSON 5

Review the definition of **PATIENCE**. Teach students that growing up takes time. Explain that it is sometimes hard to have to wait to do certain things that older kids do or get things that older kids have. Write the following short poem on the board and discuss what it means.

*Good things come to those who wait.*

*When I am patient, I feel great.*

Have students recite the poem, copy it and add a stanza as time allows.

*School/Home Link* Ask students to read the poem to a family member and discuss what it means.