



# 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 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 2

Review the definition of **PATIENCE**. Read: **We live in a world where things that used to take hours or days can now be done in minutes. Email and fast food restaurants are two examples. No matter how fast society moves, there are still some things that cannot be rushed. Ask the following questions: Is there any way to rush a sunrise? (No) Is it possible to make an egg hatch faster? (No, the chick has to grow). What would happen if you tried to rush it by cracking the eggshell before the chick was almost ready to hatch?** Explain that if humans try to help the chick hatch by cracking the shell, the chick misses a critical growing stage, which makes it too weak to survive. Have students list things that require patience on a regular basis. Using the list, ask them to determine how patient they are on a scale of 1 – 10.

*School/Home Link Ask students to talk to a family member about things that cannot be rushed.*

## LESSON 3

Review the definition of **PATIENCE**. Read: **What do the following people have in common: The person moving slowly in front of you; a new cashier at the store who is having trouble with the register; the waiter who makes a mistake with your order?** (Answer: They all test your ability to be patient.) **Think about the last time you were impatient with someone. What did you do or say to that person as a result? Were you aggravated? Did your aggravation show in your body language?** Discuss responses. As time allows, have students share a time when their patience was tested the most.

*School/Home Link Tell students to discuss with a family member how they could react patiently when faced with frustrating situations.*

## LESSON 4

Review the definition of **PATIENCE**. Write the following quote on the board: ***Good things come to those who wait.*** Ask students to show a thumb up if they agree with the quote and briefly discuss why or why not. Read: Using patience today can lead to bigger and better things in your life tomorrow. Listen to the following examples: **1) If you have the patience to open a savings account now and spend money wisely, over time you could save up for the down payment on a car. 2) If you have the patience to study hard in school, you could set yourself up to get a great job. Think of other good things in life you could achieve if you have patience?** List responses on the board. Using the examples listed, have students write a persuasive paragraph to encourage someone to practice patience.

*School/Home Link Ask students to discuss with a family member the statement: Good things come to those who wait.*

## LESSON 5

Review the definition of **PATIENCE**. Read and discuss the statement: ***Don't give up what you want most, for what you want now.*** Ask: ***Is getting what you want now more important than doing what is right?*** Explain that some people are impatient and look for shortcuts to get what they want. Others cross the line into criminal activity by stealing or dealing drugs for what they think is "easy money." Others cheat or lie for what they want in order to get ahead. Ask students to write down three goals that can be achieved in life if they are patient. As an extended activity, discuss what "deferred gratification" means and invite students to tell how it applies to their lives.

*School/Home Link Ask students to talk with a family member about the statement: Don't give up what you want most, for what you want now.*

## Louisiana Content Standards and Grade Level Expectations

ELA-2-M6, ELA-4-M2, ELA-4-M4, ELA-4-M5 ELA-4-M7 ELA-7-M2, LA-1-M1, ELA-1-M4, ELA-7-M1, ELA-3-M, C1-A-M7, C1-B-M5