

PATIENCE

DAY 1

Good morning and welcome to *The Principal's Principles*. This week, we are focusing on the principle of **PATIENCE**. Patience is the ability to wait calmly without complaining, even when something takes a long time. No one likes to wait, but there are things you can do to make it more enjoyable. People say that: **"Time flies when you're having fun."** Although time doesn't really go any faster than normal, it SEEMS to go more quickly if you are having fun. When you have to wait, use your imagination and entertain yourself by reading, singing, drawing, making up stories, or playing a game. Time will seem to fly by more quickly. Make it a magnificent day!

DAY 2

Good morning and welcome to *The Principal's Principles*. Let's start our morning with some exercise – not your normal kind of exercise like jogging or jumping jacks, but an exercise in **PATIENCE**. When I say, **"Go"**, I'd like each of you to "freeze" right where you are for 30 seconds. Be as still as you can until I tell you the time has passed. Ready, **"Go!"** (When 30 seconds have passed, say): **"Time's up!"** Was that hard for you to do? Sometimes, when you are waiting for time to pass, it feels like it is hardly moving at all. Patience helps you to wait without getting frustrated or grumpy. Keep exercising your patience. Make it a terrific day!

DAY 3

Good morning and welcome to *The Principal's Principles*. **PATIENCE** is a useful tool to own. You can't buy it at any store or borrow it from your friend. You can only get patience as you grow and learn. Any time you feel restless, annoyed, or wish you could make time go faster, it is a chance for you to work on developing your patience. When you feel impatient or upset, take a few deep breathes, try to relax, and tell yourself: "I can wait. I'm patient." Practice responding calmly whenever you feel anxious or stressed, and your patience will grow. Make it a wonderful day!

DAY 4

Good morning and welcome to *The Principal's Principles*. The lack of **PATIENCE** can be very ugly! Do you scream and yell if you don't get your way? Do you lose your temper if you can't do something as well as you'd like? Do you get mad when a team member makes a mistake? If you answered "yes," you have some work to do. Being kind, forgiving, and courteous is an important part of being patient. Let someone get a drink at the fountain before you, even if you are very thirsty. Encourage friends to keep trying when they make a mistake. Rather than interrupt, wait your turn to talk. Remember to be patient with everyone, including yourself! Make it a tremendous day!

DAY 5

Good morning and welcome to *The Principal's Principles*. **"You can't be patient without waiting, but you can wait without being patient!"** There are lots of ways people communicate their impatience without even saying a word! While you are waiting for your friend, if you roll your eyes, keep sighing loudly, drum your fingers repeatedly on the desk, or tap your foot over and over -- you may be waiting, but NOT patiently. Remember to show **PATIENCE** with your words and your actions. Make it a fabulous day!