

Patience

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

LESSON 1

Explain the meaning of **PATIENCE** to students. Ask: *Has anyone ever told you to “Be Patient”? What were you doing?* Allow several students to tell what they were doing when they were asked to be patient. Examples could include: having to wait their turn to swing, having to wait on their mother to take them somewhere, having to wait for a snack, etc. Explain that being patient isn't easy, but having patience makes it easier to remain calm. Tell students to make an extra effort throughout the day to show patience.

School/Home Link Tell students to ask a family member to describe a time when it was difficult to be patient.

LESSON 2

Review the meaning of **PATIENCE**. Read the following situations and ask what they could do to show patience.

1. You have money to buy ice cream, but the line is very, very long and you are the last in the line. In order to show patience, you should . . .

(Call on students to tell what they should do.)

2. The recess bell rang and all of the students ran out to the playground. You can hardly wait to swing but someone else got there first. In order to show patience, you should . . .

(Call on students to tell what they should do.)

Encourage students to practice being patient.

School/Home Link Tell students to ask a family member to talk about a time when patience was needed.

LESSON 3

Review the definition of **PATIENCE**. Explain to students that although it is difficult, it is important that they practice patience. Tell students they will participate in a brief experiment to demonstrate this. 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 ask family members to try the experiment.

LESSON 4

Review the definition of **PATIENCE**. Read the following scenarios to students and ask them to show “thumbs up” if the situation shows patience and “thumbs down” if it does not. Read:

You are waiting for your mother to get off the phone to take you to baseball practice. You sit quietly until she hangs up. (thumbs up)
Your dad promised he would take you fishing after he fixed the car. Dad is still in the garage. You start crying and tell him to hurry up. (thumbs down)

You want a cookie, but cannot reach the cookie jar. Instead of waiting for someone to get it for you, you jump to reach it and break the cookie jar. (thumbs down)

You are really hungry. Your mother is getting dinner ready as fast as she can. You ask if you can help. (thumbs up) Remind students to practice patience in all situations.

School/Home Link Tell students to act out one of the scenarios for a family member.

LESSON 5

Review the definition of **PATIENCE**. 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.

As time allows, have students recite the poem.

School/Home Link Tell students to recite the poem to a family member and discuss what it means.