



## Patience

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

### Activity 1

Teach your child that **PATIENCE** means waiting calmly without complaining. Ask your child to name his or her favorite home-made foods. Explain that making food requires patience, because it takes time to prepare and cook. Ask your child if he or she would like to eat a hamburger before it was cooked or birthday cake before it was baked. Explain that in addition to not tasting very good, it could make him or her very sick! To demonstrate the concept of patience, consider baking some cookies together, wait for them to cook, and then enjoy the finished product.

### Activity 2

Imagine with your child how he or she would feel in the following scenarios and discuss how patience could help him or her effectively handle each situation.

1. There is a big celebration planned for your birthday next month.
2. You sprained your ankle and can't play soccer for two weeks.
3. You are saving your money to be able to buy a special toy.

Explain to your child that there are many things in life that can't be hurried. Patience is a powerful tool that can help people wait calmly. Help your child practice patience by planning a future celebration together or starting a savings fund for a special purchase.

### Activity 3

Teach your child that patience is a quality that everyone has to learn. Explain that babies are born impatient and demanding, so that they will get the care and attention they need to survive. For example, when they are hungry, they want to eat RIGHT NOW and will cry until they get fed. Help your child understand that such demanding behavior is important for babies, but must change as the child grows. Imagine with your child what your family would be like if everyone still behaved like a baby. (The house would be filled with screaming and crying whenever someone was too hot, too cold, bored, sleepy, or hungry.) Praise and encourage your child's efforts to be patient. As an extended activity, help your child make a "Patience Meter" that indicates levels of patience from 1 to 10. Level 10 would be the highest degree of patience shown and Level 1 would be the rating when patience was not shown at all in a situation. Have family members gage their level of patience against the meter when involved in a situation that requires patience. Encourage everyone to strive to reach Level 10 on the Patience Meter.

### Activity 4

Talk to your child about patience in the world of nature. Discuss the following steps that would be required to grow a garden.

- 1) Prepare the soil. 2) Plant the seed where it can get nourishment from sunshine. 3) Water and fertilize. 4) Pull any weeds that appear. 5) Wait – allow time for the seed to grow. Ask your child if there is any way to speed up the growing process. Ask if it would help make the plants grow faster and taller if your child tugged on the leaves everyday or shouted at them. Consider planting a flower or vegetable seed with your child and patiently watch it grow.

### Activity 5

Tell your child that waiting your turn shows patience. Explain that no one likes waiting in line – waiting is boring! But imagine if everyone acted impatiently and refused to wait their turn? Ask your child what would happen if everyone in your family tried to talk at the same time (it would be hard to understand one another), tried to go through doors at the same time (you would probably bump into each other), or tried to dish up their dinner at the same time (there would be a mess resulting from a tug-o-war over the beans!) Take time to practice "taking turns" by playing a game together.