

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...**

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

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

LESSON 2

Review the definition of **PATIENCE**. Explain to students 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 tell students to pretend they are walking a turtle on a leash. 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. Ask students to raise their hands if they have ever gotten impatient with someone for not moving fast enough. Discuss with students the importance of being patient with others.

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

LESSON 3

Review the definition of **PATIENCE**. Tell students they will participate in a brief experiment to demonstrate 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 ask family members to try the experiment.

LESSON 4

Review the definition of **PATIENCE**. Tell students they will play “Patience Performance.” Invite students to act out any of the following situations: 1) Bobby is on your soccer team but he isn’t very good. He keeps making mistakes. Your team keeps losing games because of him. You hate losing. 2) You have to walk your little sister to school. She is such a slowpoke. You want to get to school early so you have time to talk to your friends. 3) Your dad promised he would take you fishing after he fixes the car. Dad is still in the garage and if you wait too much longer it will be too late to go. 4) You’re trying to help a younger child learn to color inside the lines. She keeps coloring outside the lines. It doesn’t seem like she is even trying and you are getting frustrated. 5) You’re trying to learn a difficult song on the piano. You keep messing up. You keep practicing but you just can’t seem to get it. Tell students to applaud for each demonstration of patience.

School/Home Link Ask 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.

Have students recite the poem and copy it to take home.

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