



PATIENCE

is the ability to wait for a long time without becoming annoyed or upset.

The learner will...

- Discuss the meaning of patience
- Explore the benefits of practicing patience
- Create an action plan for patience



Effects of Impatience

Effects of Patience



Feel annoyed or upset

???

???



Have to wait

???



Feel content or peaceful

???

???

Let's brainstorm!

What are some ways you could “pass the time” while waiting without becoming annoyed or upset?



Think of things you are thankful for



Play a game



Make a fun countdown calendar if you know the end date



What else?

Your turn!

Choose 2-3 ideas for how to practice patience and commit to trying them the next time you get to wait for something.

Share your action plan with a friend and a family member.