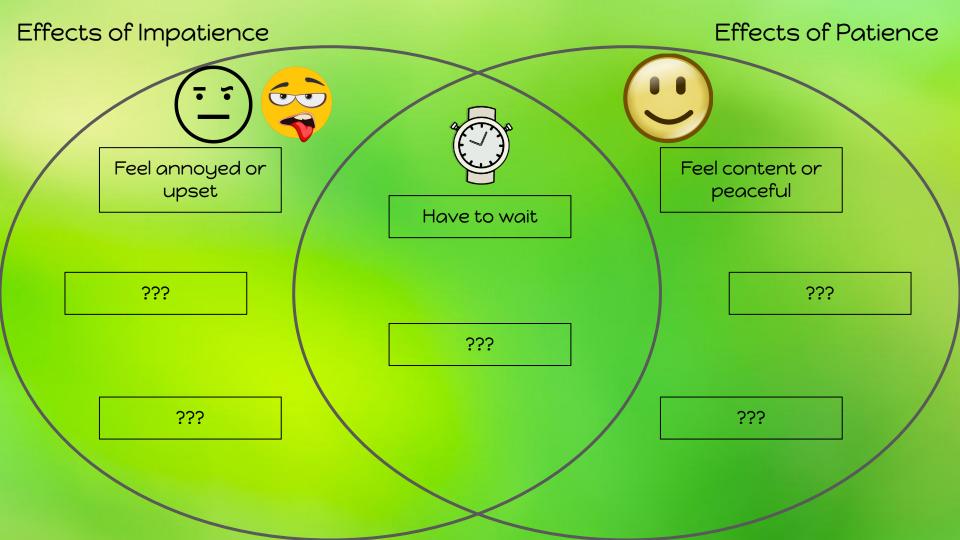


The learner will...

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





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.