



Patience

March 2023

A young girl with her hair in a bun, wearing a bright yellow shirt, is sitting at a desk in a classroom. She has her right hand raised high, pointing upwards. In the background, another student's hand is also raised. The classroom walls are decorated with various educational posters and notices. The overall scene is brightly lit and positive.

CHARACTER TRAIT

March

Patience

BRINGING OUT

the best

Define: Patience

The ability to wait for a long time without becoming annoyed or upset

Types of Patience

1. Interpersonal Patience: being patient with others
2. Patience in Life Hardships: long-term patience we need when things in life don't go our way, AKA Perseverance
3. Patience for Daily Hassles: the ability to stay calm through all of life's irritations

Do any of you have an example of when you exhibited one of these types of patience?

Practicing Patience Activity: Listen to Respond or Wait to Talk?

Directions: Break into small groups of 4-5 students. Elect one person in each group to be the score keeper.

Each group should use the topics to the right to start a conversation. It is important to make sure that each person has finished speaking before responding. Each time someone interrupts before another is finished, they get a point. The person with the least amount of points at the end of the game wins.

Topics:

- What is your dream job?
- Do you know any good jokes?
- What is the best meal you've ever eaten?
- What is the scariest movie you've ever seen?
- Who is your hero?

You have about 8 minutes!

**Winners! Stand up &
take a bow! Give
them a round of
applause!**

Discussion

Think about it: in conversation, do you listen to others before you respond? Or are you just waiting to talk?

1. Those who got interrupted, how did that feel?
2. Those who did the interrupting, did you realize what happened?
3. Did any groups come up with a way to make sure they didn't talk over each other?

Brainstorm:

What are some ways you might work to be more patient?

- Practice truly **listening** to others when you are in conversation with them
- Sometimes, we get impatient when we want something to change **right now!** Practice patience by accepting things that you can't change & adjusting your expectations.
- Look into **Mindfulness** and being present in the moment.
- If you start feeling rushed or stressed, make an effort to consciously **slow down**.
- Do your best to battle our need for **instant gratification**: don't check your phone each time it buzzes. Let someone else in line in front of you. Give people a little extra time when they are behind.
- Explore what things might **trigger** your impatience, and plan accordingly. For example, if you get impatient waiting for your partners to do their part on a group project, agree on dates to have different parts done, rather than waiting until the end to come together.
- Identify **symptoms** when you get impatient. Do you get sweaty palms? Does your voice get louder? Do you clench your fists? Once you know what to look for, make a plan for how to reset the situation.
- What else?

**Remember: Patience is
counting down without
blasting off.**

Exit Ticket: On a scrap of paper or other means described by your teacher- what are 3 ways you are going to try to practice patience?