

MAY 2016

POWERFUL PROJECT

PATIENCE

AGES 7 & UP



FIRST & LAST NAME: _____

This month we are talking about patience. Patience means: "Waiting without complaining for something we want or need." There are many strategies we can use in order to stay patient while waiting. Some people sing or dance while others count, read, take deep breaths, exercise or do yoga! Still others cross days off their calendar or do activity books to pass the time. Below, write the strategy YOU would use in each situation.

1.

You are waiting for your turn to see the doctor. What do you do to pass the time?

Strategy

Example: Activity book, read.

2.

You are going on a long trip. What do you do to pass the time?

Strategy

3.

You are waiting for someone you love to come and visit in a few weeks. What do you do to pass the time?

Strategy

4.

You are waiting until you are skilled enough to make the team. What do you do to pass the time?

Strategy

5.

You are waiting to take a test that you know will be tough. What do you do to pass the time?

Strategy

How patient are you on a scale of 1 to 5? (Circle a number below)

1

2

3

4

5

Not at all



Very