

Patience

Patience While Others Are on The Phone

Get an object you can pretend is a phone. Tell the children that while you are on the phone, they need to be quiet and wait patiently for you to finish talking. If the children are very small, you may like to count down on your fingers at first, to help them be patient for a short period, and then increase the time in increments. Let them have a turn talking on the phone while you are patient.

Hunting for Patience

Write "Patience" in large letters and cut each letter out. Tape the letters to objects you have 8 of (like blocks or spoons), hide the letters, and have the children search. Once your child has found all the letters, lay them out to spell "Patience" and show them how their patience rewarded them with the treasure.

Patience at the Restaurant

Role play being at a restaurant – sit down at the table, have the children order from the menu (give them a few items to choose from) and explain how the order is taken to the chef who prepares the food. Ask them to wait patiently and show them some things they can while waiting (ie color, make up a story). After this exercise, encourage them to practice this exercise the next time they are out at a restaurant.

Waiting Patiently for the Day to Come

Plan to have a party in the classroom or in the home, put it on the calendar and show them the calendar and tell them how many days they have to wait. Each day you may like to say that you are all waiting patiently for the day to come. When the day comes, explain how being patient made the wait easier.

What Requires Patience

Choose an activity children usually have to do that gives them frustration waiting for, such as finishing a puzzle or waiting for you to be done with a job. Give them words to express frustration appropriately, such as "It's hard for me to wait." Show them something they can do to help, such as singing.

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Waiting for Beautiful Things

Paint or draw (or, if possible, watch!) a sunrise or sunset and talk about how it takes a long time for the sun to go up and go down every day, but that by waiting patiently you can see something really beautiful. Relate this to waiting for other things like learning new skills, being able to do things an older sibling can do or growing

Popcorn

Ask the children to pick a spot in the room and squat down, pretending they are kernels of popcorn waiting to pop. They cannot pop until they hear the number 10. The parent or teacher starts to count 1,2,3,4...

At 10 they jump up, going from a squat to a full jump and then jumping all around until a new batch of popcorn is ready to start.

Older children may be assigned different numbers to pop at. Some will pop when they hear the number 4, some at 6, etc.

Remind them to listen for their numbers. If a child moves too soon, the game starts from the beginning up.