

Patience

Popcorn

Objective: To help children practice patience in a fun way.

The children squat, pretending they are kernels of corn waiting until they hear the number 10. You start counting 1,2,3,4...(If the children move, you may start over)

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

For 4- and 5-year-olds:

Give the children different numbers to pop at. Some start popping at 4, some at 6, etc. Remind them to listen for their numbers. If the children move you may start all over.

Conclude by acknowledging the children's patience.

Whistle

Objective: To give an opportunity to children to practice their patience.

Ask one child to eat a saltine cracker out of a box of crackers and then whistle.

Then the child will pass the box of crackers to the next child, who does the same thing.

All children are invited to practice patience while waiting for their turn.

Note: If the children don't know how to whistle, the teacher may use a whistle and blow every time it's time for the box of crackers to be passed on.

After the last child has finished his/her turn, praise the children for showing patience even when it was difficult.

Patience

Ball and Spoon

Objective: To help children develop the ability to pursue a task patiently until it is achieved.

Invite each child to try to walk from one end of the room to the other while carrying a small ping-pong ball on a spoon. If the ball falls, encourage the child to be patient, put the ball back in the spoon and continue his/her walk to the end of the room.

Dowel and Rings

Objective: To help children practice patience and have fun.

Place the dowel in the middle of the circle.

Explain to the group that each person gets a chance to throw three rings.

Discuss that sometimes we make it and sometimes we miss... but trying is the important thing.

The educator models first. The children can see that even an adult may miss! Don't display a sense of failure if you miss.

Prepare the children that they need to be Patient while they are waiting for their turn.

Encourage the children to play gently and peacefully.

No winning or losing, no clapping for making it.

Practice joyfulness and just have fun.

Patience

Count to 10

Objective: To help children practice patience while observing or participating in a process

Have the children stand or sit in a circle and place an object, like a vase of flowers, in the middle. Ask them not to take their eyes off the object. (The purpose of this is for them to not look at one another - you could also ask them to close their eyes)

The children count from 1 to 10 as a group with each person in the circle randomly saying just one number (i.e., people who count, speak out at random, not in order of turn). For example, the first person says 1, someone from another side of the circle may say 2, then yet another person says 3, until the group cooperatively counts to 10. Sometimes two or three children may say a number at the same time. If this happens, the count start over at one. Remind them that they should not go around the circle in order. The game ends when the group has counted to 10 once or however number of times the class agrees upon.

You may also use the ABC's instead of numbers.

If any of the children gets frustrated, gently call him/her to patience.

Conclude by saying sometimes it takes a lot of patience to reach a goal.

Patience helps us to not give up.