

Objective

By the end of this lesson, the student will understand the importance of patience, how it can be practiced in daily life, and will have engaged in fun activities that illustrate the concept of waiting and perseverance.

Materials and Prep

- Paper
- Pencil or pen
- Timer or stopwatch (can use a phone or clock)
- Comfortable space for activities

Before the lesson, think about times when you had to be patient. This will help you share personal experiences that relate to the activities.

Activities

- **Patience Jar:**

Create a "Patience Jar" where you write down situations that require patience on slips of paper. Whenever you feel impatient, you can read one slip to remind yourself of the importance of patience.

- **Slow Art:**

Take 20 minutes to create a piece of art, but you must do it slowly. Focus on each stroke or detail. This will help you practice patience as you take your time to create something beautiful.

- **Waiting Game:**

Set a timer for 5 minutes and sit quietly without distractions. Use this time to practice being patient and mindful. After the time is up, discuss how it felt to wait quietly.

- **Story Time:**

Read a short story or fable that illustrates the theme of patience. Discuss the characters and how their patience helped them achieve their goals.

Talking Points

- "What do you think patience means? Can you give me an example?"
- "Why do you think it's important to be patient sometimes?"
- "Can you think of a time when waiting for something made it even better?"
- "How does being patient help us in our relationships with friends and family?"
- "What are some things that make it hard to be patient?"
- "How can we practice patience every day?"
- "Do you think patience is a skill we can improve? How?"
- "What did you feel while doing the 'Waiting Game'? Was it easy or hard?"
- "Can you share a story where someone showed great patience?"
- "What did you learn from creating your art slowly?"