

Values are principles that guide our thinking and our behavior .

**Our values define us..**



Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish

- John Quincy Adams

"Hurry up and Wait", this is often what patience can feel like when we are trying to practice it. We often want what we want now, and the idea of having to "wait for it" can feel agitating, frustrating and uncomfortable. Patience implies when we learn to wait and we know when to act. Impatient people always feel compelled to act. In difficult situations they tend to lose and find it difficult to gain control over their actions. Many times, this makes the problem worse. Impatience can also signify lack of discipline and respect for self, people and surroundings whereas, a patient person focuses on resolving the character issues rather than being distracted by the circumstances.

To help the students learn how to be **PATIENT**, they are taught 'the five I will statement.' They are statements that can be practiced in order to develop the character trait of **PATIENCE**.

- I WILL CHANGE THE THINGS I CAN CHANGE AND ACCEPT THE THINGS I CAN'T:**
- I WILL KEEP TRYING UNTIL I SUCCEED**
- I WILL MAKE THE MOST OF MY SPARE TIME**
- I WILL NOT INTERRUPT**
- I WILL NOT COMPLAIN IF I DON'T GET MY WAY**



Providing you with links to watch :

- <https://www.youtube.com/watch?v=dsMZ0Z-QH4U&t=5s>
- [https://www.youtube.com/watch?v=-2IGE\\_5kOAY](https://www.youtube.com/watch?v=-2IGE_5kOAY)
- <https://www.youtube.com/watch?v=Q0Vh8sjVAds>
- <https://www.youtube.com/watch?v=X-wu3DVxoIU>

## Expectation from Parents...

- 1. Model patience:** It's not a one-day job to be patient. One needs to practice it in order to model. Use different strategies to remain calm when you are stuck in a traffic jam, while waiting for your turn, standing in a queue etc. because children learn from what they see.
- 2. Use reflective listening:** It's hard to wait in line all morning, especially when you would rather be playing. Acknowledge the struggle and a little help verbalizing those frustrations in a calm manner.
- 3. Timers:** Children need to learn about delayed gratification. The next time your child asks for something when you are busy doing something else, try saying "I'm setting the timer for 2 minutes. Often, they will have solved the problem independently before you get there. If not, they will learn that they are capable of waiting for two minutes. \*\*Timers are also great for teaching sharing.
- 4. Activities that require patience:** Choose projects and activities that require time and patience, such as planting, mosaics (with paper), and pottery etc. Planting projects are great because they learn to care for their seeds every day. They have to show great patience and diligence to help those seeds grow!