

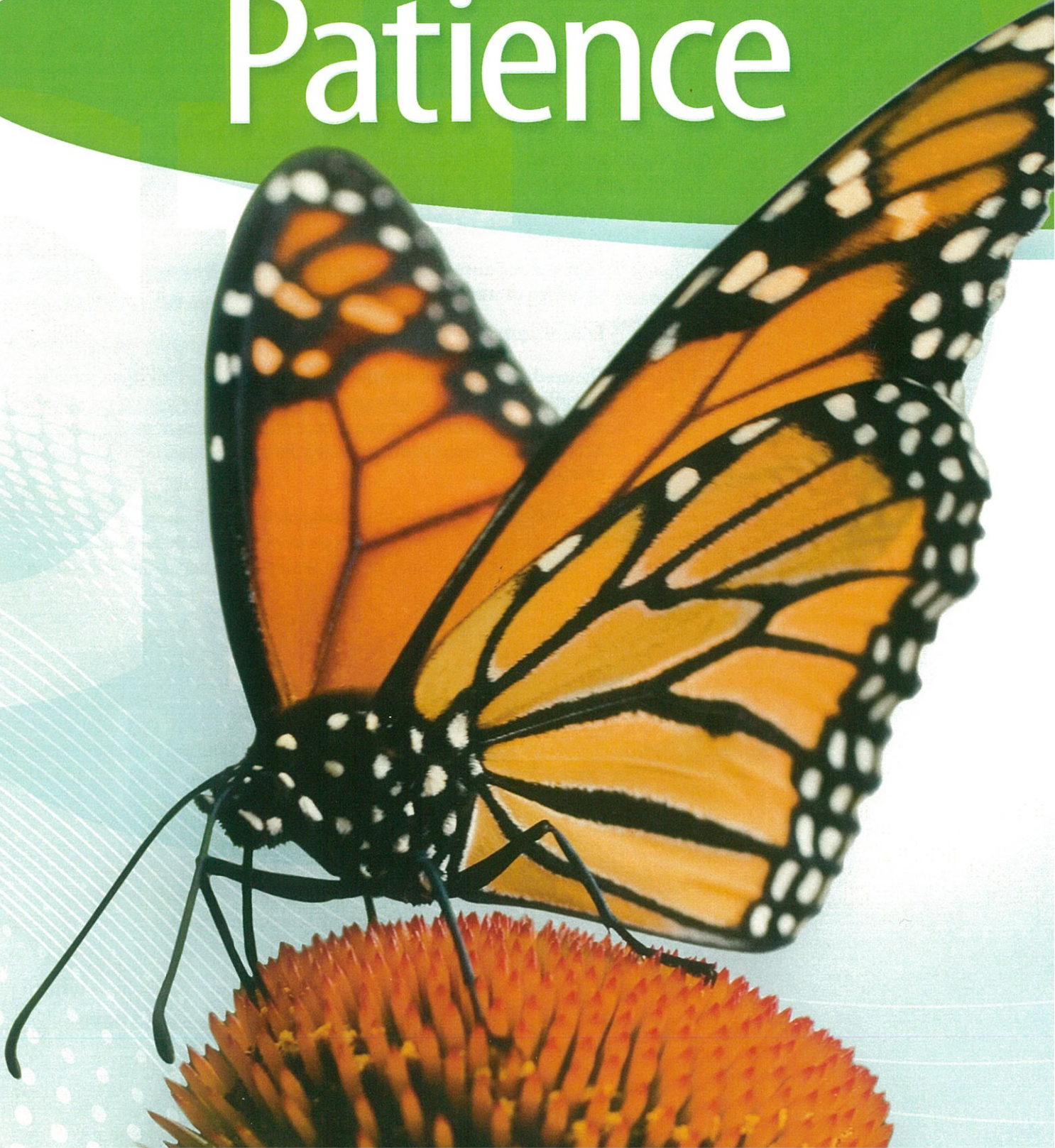


characterfirst
education



elementary
curriculum

Patience



SECTION 1 Introduce Patience

This curriculum offers approximately 3 hours of instruction, divided into 3 sections. Each section can be broken into smaller pieces if you prefer short lessons. For additional resources, visit www.CharacterFirstEd.com.

3 WAYS TO BUILD PATIENCE:

Educate

Focus on patience for a period of time. Use the lessons in this curriculum to talk about patience and why it matters. Look for ways to emphasize patience in other subjects such as math, reading, language, history, social studies, science, music, health, and athletics.

Evaluate

Think about daily decisions in the light of good character. Ask yourself and your students, "Is this the right thing to do?" Use the "I Wills" on page 4 as behavioral objectives, and refer to these standards when correcting negative attitudes and behavior.

Celebrate

Catch people doing good and point out the character qualities they demonstrated. Children thrive on sincere encouragement, so don't overlook the little opportunities to praise each day!

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DEFINE PATIENCE (Discussion, 15 minutes)

Point out and discuss key words in the definition. Review and commit the definition to memory.

Definition: *Waiting without getting upset.*

The word *patience* comes from the Latin word *patientia*, which means "bearing; enduring; suffering." Life involves many challenges that are beyond an individual's control. Patience means accepting difficult situations for what they are, doing what you can to resolve them, and taking the time necessary to work through the process.

Some things just take time—like growing up, traveling from one place to another, or learning something new. A patient person responds to these situations with a positive outlook and attitude. This includes trying new approaches and pushing through in order to overcome obstacles.

Related concepts:

Challenges, trials, perseverance, endurance, calmness, hope, forbearance, persistence, resilience

Discussion:

- What are some times you have to wait with patience? Can you name five specific examples from school or home?
- Think about the examples you just gave. What about these situations can you control? What is out of your control?
- What is the opposite of patience? (complaining, nagging, griping, fussing) What does this accomplish? How does complaining affect your attitude?
- How do you think patience can help you in life?

"How many a man has thrown up his hands at a time when a little more effort, a little more patience would have achieved success." —Elbert Hubbard



WET PAINT (Exploration, 15 minutes)

Bring a paint brush and some paint to class. Explain how some things take time, like paint drying on a wall. Fussing and griping about it doesn't help!

Have you ever painted a picture or a wall? It takes time for paint to dry, and no amount of fussing or complaining will help it dry faster. The best response is to be patient and find something useful to do while you wait.

Discussion:

- Do you ever wait in line and feel that it takes forever to have your turn? What does patience look like in this situation?
- Have you been stuck in a car or bus for a really long time? How can you spend that time productively?
- Is there a subject at school that is difficult to learn? Who can you ask for help?



Additional resources at
www.CharacterFirstEd.com

PATIENT PLANTING (Project, 20 minutes)

Use this hands-on lesson to help students practice patience.

Have you ever heard the saying, "Good things take time" or "Nothing happens overnight"? Many projects require patience for things to develop correctly.

Think about how long it takes for a plant to grow. It takes time for seeds to sprout, and it takes even more time for those sprouts to become full-grown plants. Try planting your own seeds to see how long it takes for them to grow.

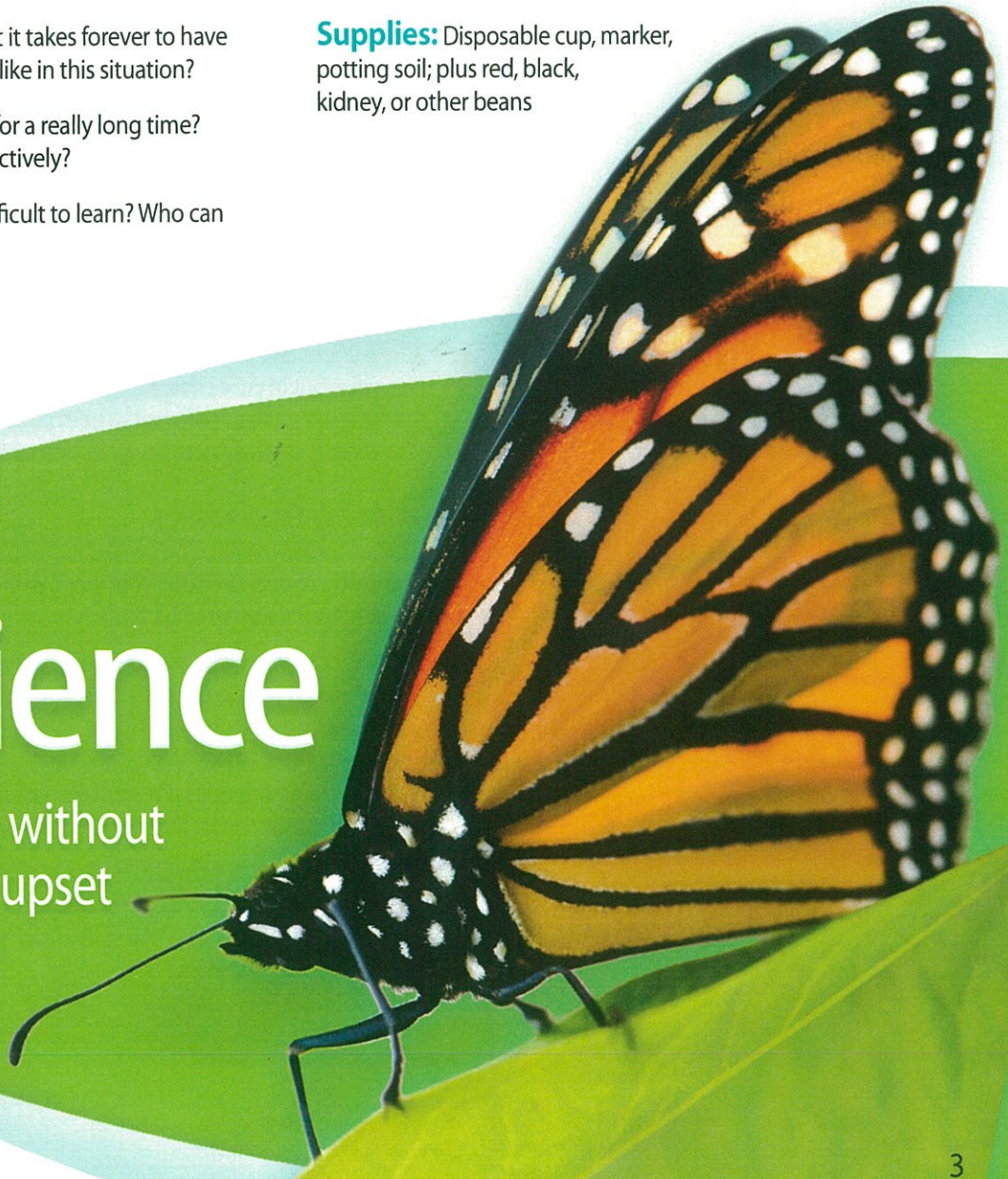
Poke four small holes in the bottom of a disposable cup to release excess water. Fill the cup 3/4 full of potting soil, and then place several beans about 1/2 inch down in the soil. Write the date on the cup and place the cup by a window where it will receive sunlight. Also, place a tray or plate beneath the cup to catch excess water. Gently water the beans and check each day to make sure the soil is moist. Watch and wait for the results!

Supplies: Disposable cup, marker, potting soil; plus red, black, kidney, or other beans

Patience



Waiting without
getting upset



SECTION 2 Practice Patience

Praising for Patience

Every day offers opportunities to be patient. Give positive feedback when you see students:

- Raising their hands politely and waiting to say something instead of interrupting a classmate or teacher.
- Finding something useful to do, such as reading a book, checking their work, or sitting quietly.
- Taking turns instead of cutting in line or arguing about who goes next.
- Working through difficult problems or assignments instead of giving up in frustration.

Be Creative

Verbal praise is easy and immediate. But you can also celebrate good character in more tangible and memorable ways:

- Make a paper butterfly award in keeping with the nature lesson. Or make several awards that build on one another—an egg, a caterpillar, a chrysalis, and a butterfly.
- Give students special privileges or important jobs. You might say, "I need someone who is dependable, and I believe I can count on you."
- Send a hand-written note home to let family members know what you appreciate about the student.



I WILL... (Discussion, 25 minutes)

1. Wait my turn.

Show respect to those who are talking by raising your hand before speaking or waiting for others to end their conversations. Treat others fairly by taking your turn instead of cutting in line.

- How do you feel when someone cuts in front of you?
- What's the respectful way to raise your hand or get someone's attention?

2. Not complain when I don't get my way.

Patience is accepting "no" for an answer without complaining. Do not whine or nag if you do not get your way. Respond with a good attitude.

- Why is it important to have a good attitude, even when things don't go your way? How does this make you stronger?
- Imagine going home today and being told to clean your room before doing anything else. How can you respond with a good attitude?

3. Accept what cannot be changed.

Some things in life are beyond your control. Accept what you cannot change and focus on what you can change—starting with your own attitude.

- Think of three times you had to wait this week. How many of those situations were out of your control?
- How should you respond to rules you don't understand? For example, what if there is a rule against bringing peanut butter sandwiches to school?

4. Use my time wisely.

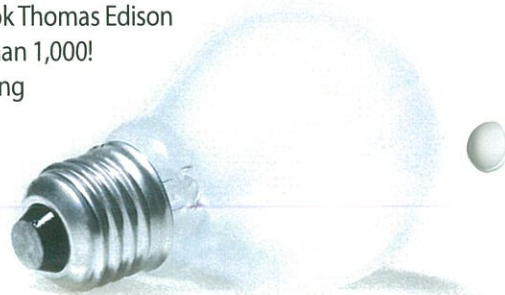
When forced to wait, find something useful to do such as reading a book, studying ahead, checking your work, or cleaning your room. Staying busy can make the time seem to go faster.

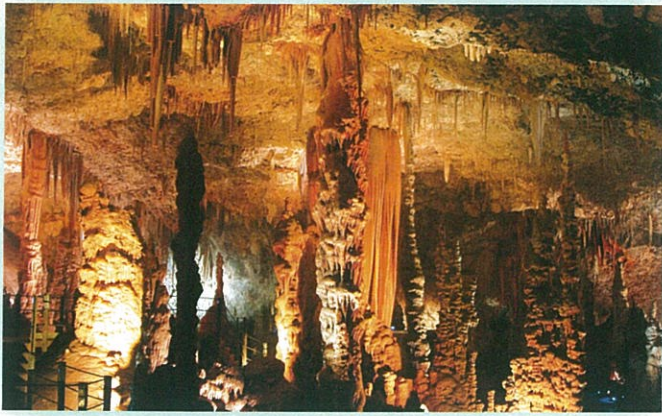
- How can you make good use of a long bus ride or road trip?
- What can you do during "down time" in class?

5. Try and try again.

When something does not work the first time, try again! You cannot succeed unless you keep trying.

- Do you know how many tries it took Thomas Edison to make a light bulb work? More than 1,000!
- What are some things you're learning that require patience?





DRIP, DRIP, DRIP (Project, 20 minutes)

Use this project to show students that good and beautiful things usually take time to create.

Drip, drip, drip. Who would think that the enormous columns of stone found in underground caves would form from the drip, drip, drip of mineral-rich groundwater? As the water evaporates, the minerals are left behind, forming columns of stone called *stalactites* and *stalagmites*. (Show pictures of these formations or use this as a research prompt.)

With a little patience, your class can make its own miniature stalactites and stalagmites. Fill two jars with very warm water and dissolve as much baking soda in each one as you can. Next, place the jars in a warm place (but not the oven) and place a disposable plate on the countertop between them. Twist together several strands of woolen thread. Place one end of the strand in each jar, letting the thread sag in the middle. The solution will soak the threads, and when it reaches the center, it should drip onto the plate.

Exercise patience as you leave the jars for several days. Tiny stalactites and stalagmites should form on the thread and the plate.

Supplies: Two glass jars and a disposable plate; Baking soda and spoon; Woolen thread



OVERCOMING OBSTACLES (Game, 20 minutes)

Let students practice patience with this fun activity.

One aspect of patience is working through difficult situations—like overcoming challenges on an obstacle course. Getting frustrated or upset can make it harder to overcome obstacles, but being patient and calm can help you think more clearly.

Setup an obstacle course in your room using chairs, boxes, tape, trash cans, rope, or other items. Let two or three students work through the course. To involve the entire class, use the playground, cafeteria, or gymnasium with other equipment such as tables, balls, and hula hoops.

Discuss real-life obstacles children might encounter such as difficult school work, bullying, losing a parent, making new friends, negative peer pressure, or the temptation to use alcohol and other drugs. Situations like these require courage, responsibility, forgiveness, determination, and self-control in order to overcome each obstacle and do what is right.



PATIENCE POEM (Literacy Connection, 15 minutes)

Teach this poem as a way to memorize the five “I Wills.”
Watch the video at www.CharacterFirstEd.com.

I will wait my turn and stand in line. I’ll do it cheerfully.
I will use my free time wisely. I will try till I succeed.

I will never nag and nag until I get the things I plan.
I will bear the things I cannot change and
change the things I can!

My character is what will make a leader out of me!
So next time through, let’s say it more ENTHUSIASTICALLY!

SECTION 3 Patience in Real Life

George Washington Carver



"You must learn all you can and then go out into the world and give your learning back to our people," said Aunt Mariah to young George Washington Carver.

George had attended school in Missouri for a year, and Aunt Mariah was like a mother to him. He gladly helped her scrub laundry and do other chores without complaining. He would prop up his school book and read while he worked, making double use of his time!

George had lots of questions, and it was hard not to interrupt his teacher during class. "You have good questions," Aunt Mariah said. "Be patient, my boy. Someday you will find out."

After graduating from high school, George couldn't attend university because of something he couldn't change—the color of his skin! George knew being mad wouldn't make it better, so he continued learning other ways. He figured that failure would only come when he quit trying!

George became an expert in agriculture and was offered a teaching position at the Tuskegee Institute where he taught for 47 years, helping countless people through his research and innovation.

Learn more about  George Washington Carver at www.CharacterFirstEd.com.

The monarch butterfly lives a life of patience. From eating to growing to changing to flying—it works while it waits to become what it was made to be.

THE MONARCH BUTTERFLY

(Story, 10 minutes | Projects, 40 minutes)

A tiny egg lay quietly underneath the leaf of a milk weed plant. It didn't move. In fact, it didn't even seem to contain anything alive. Yet inside the egg rested a little caterpillar not much thicker than a piece of thread.

One day a slight dent appeared in the egg, then a crack, and eventually a hole. It looked like something was eating the egg from the inside out. And it was!

Little did the caterpillar know while eating its egg shell that one day it would become a beautiful monarch butterfly. But for now, it was just a tiny caterpillar with stubby legs, a big mouth, and a HUGE appetite!

Eating and Growing

As soon as the caterpillar crawled through the hole in its egg, it finished eating the egg shell. Then the caterpillar turned to eat the leaves of the milk weed plant.

The monarch caterpillar ate milk weed for breakfast, milk weed for lunch, milk weed for dinner, and milk weed for snacks in between. The next day it ate the same thing, and the next day, too! The only thing the caterpillar ate was...milk weed!

It takes a lot of patience to eat the same thing day after day. But that's how the caterpillar grew. In fact, the caterpillar ate so much the first day that it doubled in size. The second day it doubled in size again. And it doubled again on the third day!

Caterpillars grow so fast that their skin can't keep up. Every few days the caterpillar became trapped in its own skin! It got so big that the old skin split open and the caterpillar wiggled and squirmed to get out of the outgrown skin. It had to turn and rub and bend and stretch and twist again and again to free itself. That would be like wiggling out of your jacket or sweatshirt—without using your hands!

It takes patience for caterpillars to grow, and it takes patience for people to grow, too. You might want to be taller, or faster, or stronger. But instead of complaining about things you can't change, patience means accepting who you are and however long it takes to become the person you were made to be.

Changes All Around

One day, changes took place deep inside and all around the caterpillar. It shed its skin one last time and instead of finding another skin underneath, the caterpillar found itself trapped inside a tough, hard sack called a *chrysalis*, or a *cocoon*.

Inside the cocoon, the caterpillar hung upside down, not able to move. During the next two weeks, every part of the caterpillar's life changed. Its stubby legs turned into six long slender ones. Neatly folded orange wings appeared on its back. Its mouth, eyes, and organs all changed shape, color, and position.

When the metamorphosis was complete, the new butterfly emerged from its cocoon. Everything looked different, smelled different, and tasted different. The whole life of the caterpillar was different, and it would take a LOT of getting used to!

Sometimes things change in our lives, and it takes time to adjust. Maybe you have to change schools, make new friends, move to a different town, or family members come and go. It takes time to get used to these changes, and some things will never be the same. It takes patience to make the most of each situation.

Hurry Up and Wait

Just when you think the monarch butterfly's wait would be over, it had really just begun. After wiggling out of its cocoon, the butterfly had to wait for its wings to unfold...and then it had to wait for them to dry. To rush the process and fly with wet wings would lead to disaster! So the butterfly waited until everything was ready before taking off.

Not long after the butterfly learned how to fly, it felt the urge to leave its home and fly south over the Gulf of Mexico. It joined millions of other butterflies flying over the deep waters with no place to stop, no place to rest, and no place to eat. They just kept flying until they reached a grove of trees in Mexico where the temperature would be perfect for them during winter. And of course, the butterfly waited...and waited...and waited until it was time to return home again.

Patience is a big part of a butterfly's life, and it's a big part of our lives, too. Sometimes you have to wait and wait, but patience means waiting without getting upset. Do something productive while you wait, have a good attitude, and don't rush the process.

Projects: Visit www.CharacterFirstEd.com for instructions on how to make a butterfly using pipe cleaners, and download other instructions for making a butterfly using wax paper and crayon shavings.



Family Connection

OVERVIEW: **Patience is a necessary part of life.** Instead of getting frustrated when you face a difficult situation, patience helps you respond the right way—without getting upset or losing your temper. This makes everyone's life better at school, at home, while driving in the car, or when checking out at the grocery store.

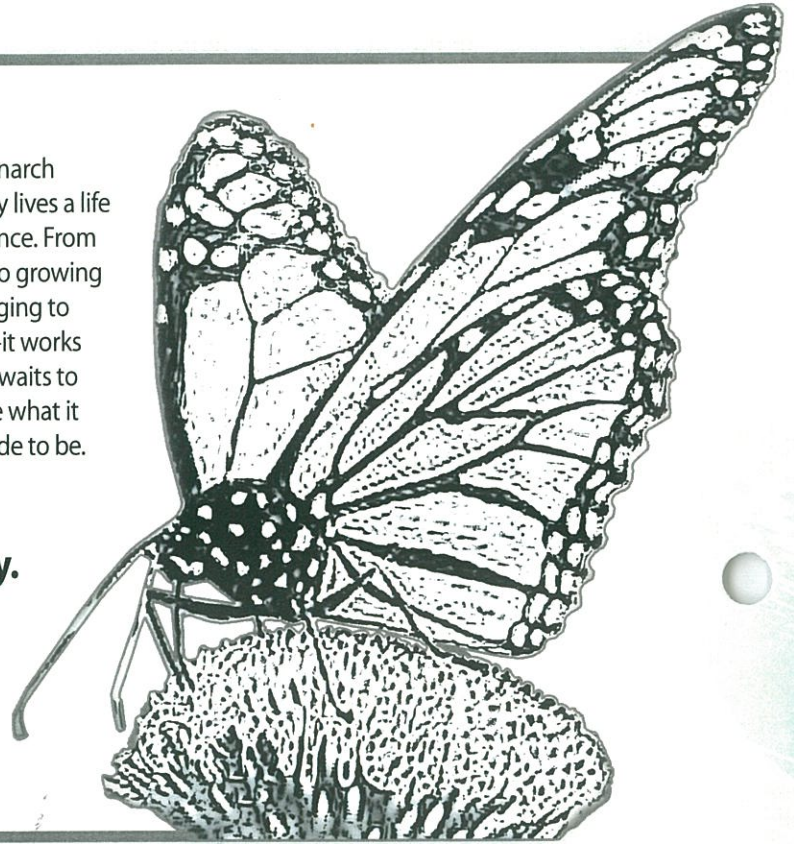
Patience

Definition: Waiting without getting upset

I WILL...

- Wait my turn.
- Not complain when I don't get my way.
- Accept what cannot be changed.
- Use my time wisely.
- Try and try again.

The monarch butterfly lives a life of patience. From eating to growing to changing to flying—it works while it waits to become what it was made to be.



CHARACTER QUIZ:

1. Describe the kind of attitude you should have while you wait: _____
2. A patient person... **a.** cuts in line. **b.** takes his or her turn. **c.** nags and complains. **d.** gives up easily.
3. What are three ways a caterpillar/butterfly shows patience? _____ _____ _____
4. A patient person looks for something useful to do while he or she waits: TRUE? or FALSE?
5. When do you have to be patient at home? _____