



WiseSkills® FAMILY WISDOM™

Helping Families Teach Good Character

Becoming More Patient

Dear Parent/Guardian:

WiseSkill # 15

Patience



Waiting...

It is difficult in the doctor's office, the supermarket line, and rush-hour traffic. It is often hard to find patience in people.

Yet being a patient person is important for success in much of life--in school, in a career, and in relationships. Becoming patient helps us not focus only on ourselves, but rather to consider the needs of others as well.

Patience helps us remain calm even in hard or frustrating situations. Patience also can make us happier as we learn to accept the situations we are in.

The best place to learn patience is in those situations where we may want to become impatient. Yet this life skill helps both adults and children learn how to deal with the everyday frustrations of life.

Sincerely,



"Wouldn't it be easier just to give the kids charge cards and let them buy what they want?"

PERSONAL THOUGHTS

1. When is it hard for you to be patient? Why?
2. What do you do when you are impatient? How does this affect you and others?
3. What are 3 things you can do to be a more patient person?

MODELING MOMENTS

Being an Example of Character



1. **UNDERSTAND** the situations where you become impatient, and try to be more more patient in those situations.
2. **SHOW** patience with your child, especially when you could become frustrated.
3. **ENCOURAGE** your child to deal with his/her frustrations by being patient.

Parent/Guardian Signature

YES! I have read this **FAMILY WISDOM** newsletter.

X

Parent/Guardian Signature

Student

Date

TEACHER/FAMILY COMMENTS