

# Table Thoughts Table Tent

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WiseSkills® FAMILY WISDOM

Patience

Able to wait over time even when it is hard

1. When you are tempted to be impatient today, put extra effort into being patient with others.
2. When you feel like getting angry today, take a break and try to be more patient.
3. At the end of the day, share with one person how you were patient today.

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Directions: Cut on black lines. Fold on dotted lines. Insert tab into slit. Keep on your table as a reminder to show good character.

Copy this page, then cut along this dotted line and distribute to families.




WiseSkills®  
**FAMILY WISDOM**

Display on your refrigerator as a reminder to show good character.



# Patience


**Able to wait over time even when it is hard**

**With Family** 


- Be patient when you are told to do things that you do not want to do.
- Be patient with your family and control your anger.

**With Friends** 

- Be patient with your teachers and other adults.
- Deal with anger or frustration by being patient.

**At School** 

- Be patient when your coworkers disappoint or frustrate you.
- Take a break when you are losing your patience.

**At Work** 

- Be patient when you get frustrated or angry with your friends.
- Encourage a friend that is impatient.