



Dear Parent/Guardian:
Please do the activities
checked with your child.

Patience
Ages 8-10

1. Patience Words

Together interview different people and have them words or phrases that have a similar meaning as *patience*. Make a list and put it up in the home.

2. Patience Story

Together, write a short story where a character is impatient about something and then learns the importance of being patient. Read the story to neighbors or other family members.

3. Patience Acrostic

Each of you write the word *patience* down the left side of a piece of paper. Then, using each letter in the word, write words or phrases about being patient.

putting your needs on hold
able to wait
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4. Patience Poster

Using paints or markers, together make a large poster encouraging people to be more patient. Include in the poster some of the reasons why people should be patient.

5. Personal Story

Each of you write a paragraph about a time when you showed patience when it was very hard--and what happened as a result of your patience.

STORY WISDOM



Finding Life Lessons in Children's Stories

1. Discuss story characters that waited a long time for something and what helped them wait.
2. Discuss what happened when one character was patient in a story.
3. Discuss what happened when one character was impatient in a story.

MEDIA WATCH



Understanding Media Messages

1. Discuss how a TV character shows patience and the results of his/her patience.
2. Discuss how a character in a current movie showed patience or impatience and what happened.
3. Discuss a popular song your child enjoys and whether or not the song encourages people to be patient when they feel frustrated.

DINNER DISCUSSIONS



Discussion Ideas for Meals Together

1. Have family members talk about things they do when they are impatient.
2. Have family members tell about the longest time they ever had to wait for something.
3. Have family members talk about things they do to help them be patient when they are tempted to be impatient.

QUOTE CORNER



Thoughtful Sayings to Display & Discuss

- Patience is the key to contentment. --Mohammed
To lose patience is to lose the battle. --Mahatma Gandhi
The greatest power is often simple patience. --E. Joseph Cossman
Patience is the companion of wisdom. --Saint Augustine

Parent/Guardian Signature

YES! Our family has done, or will do this week, the activity/activities checked.

X

Parent/Guardian Signature

Student

Date