



Lesson: Patience

Objectives:

- Students will be able to define, provide examples of, and model patience.
- Students will be able to identify strategies and techniques that can help them practice patience.
- Students will identify what a fictional character wants and how the character reacts to, and copes with, waiting to get what he wants.



Starter:

Ask students to raise their hands if the following situations are true for them:

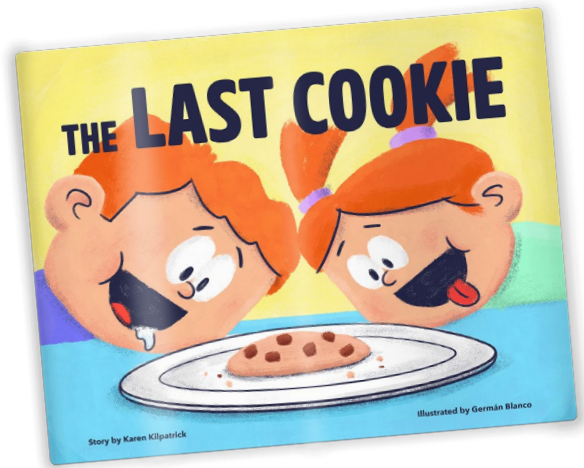
- Have you ever really wanted to do something but had to wait to do it?
- Have you ever really wanted to have something but had to wait to have it?
- Have you ever had to wait for something you didn't want because you were told you had to?

Next, ask the students if they know what **patience** is, or if they can explain in their own words what patience means. After taking a few students' responses, explain that patience is waiting with a good attitude: ***staying calm and without complaining or asking over and over again.***

Ask the students to share times that they had to be patient at home or in school. Why is being patient difficult? What does it feel like to be impatient?

Read-aloud and discussion:

Tell the students you will be reading them a story, **The Last Cookie**, about a character who is told to wait to eat a cookie.



After reading **page 4** ("Why does Eddie have to wait?") ask the students to guess whether Eddie will wait to eat the cookie or not. **Take a vote!** Next, ask why do you think Eddie has to wait? What could be some possible reasons?

Discussion:

- What did Eddie do to stop himself from eating the cookie?
- Did it work?
- Was it easy for him?

If no one brings it up, talk to them about how you notice Eddie was trying to distract himself from eating the cookie by smelling it and feeling it.

- What are some other things he could have done?
- Did it help Eddie to practice patience when his sister also wanted to eat the cookie?

Ask the students to come up with ways to make waiting easier. What sort of things could Eddie have done? What can they do in a similar situation? Make a list! Some possible answers include:

- Counting
- Taking deep, calming breaths
- Talking to someone about how you feel
- Thinking of things that make you happy
- Writing down your feelings
- Leaving the room/situation
- Finding another activity to do



Patience is hard work! And it's okay to feel frustrated when you have to wait. But there are a lot of benefits to patience, including making good choices, reaching your goals, and less anxiety/stress! **What was Eddie's reward for being patient?**

Guided Student Activities:

Discuss how patience can be learned through practice!

First, play the **“silent”** game. Can the students stay quiet for at least one minute? Two minutes?



Next, a fun game for teaching patience is **Spoon & Egg**. But you can play with marshmallows or cotton balls, too!

- Each team gets a plastic spoon and a cotton ball or marshmallow.
- Students have to walk from one spot to the other without letting the object fall off the spoon. If it falls, then the student has to start back at the beginning.
- Students will need to practice patience by moving slowly to keep the object from falling off the spoon!



Finally, get a **“Patience Jar”** for your class. Fill it with beans or marbles, adding to the jar when students practice patience. Once the jar is filled and goal is reached, reward your students. Reward ideas can include a homework pass, a movie, or pizza party!

For teaching older students the value of patience in long-term goal setting, practice the power of **“YET.”**

YET

NAME: _____

I CAN'T

BUT IF I

I WILL BE ABLE TO!