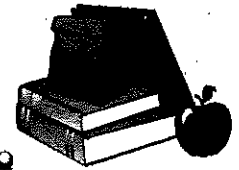


Patience



What Is Patience?

Patience is quiet hope and trust, expecting things to turn out all right. Patience is being calm and tolerant when difficult things happen. It means showing acceptance when you or others make mistakes. Patience is doing something now so that later it will bear fruit, like planting a seed and waiting for it to grow. Patience is a commitment to the future.

Why Practice It?

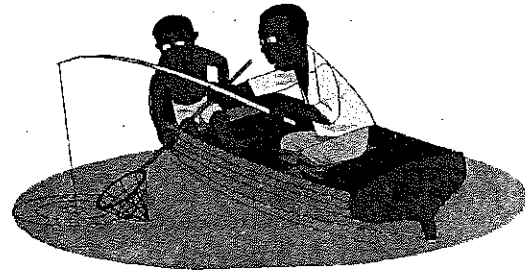
Without patience people want everything NOW. They complain when unpleasant things cannot be helped. They act mad when things don't go their way. When people practice patience, they can wait without complaining. They forgive others and themselves for mistakes. They make the world a kinder, gentler place.



How Do You Practice It?

Practicing patience is accepting things you cannot control, like the way other people act, or even an illness or handicap you have to live with. Patience is waiting without complaining. When you are patient, you show gentleness when you or others make mistakes. You set goals and persevere until your goals are won. You picture the end in the beginning. You know that good things take time.

The Virtues Project



What would Patience look like if...

- Your mother is very late picking you up and you have been waiting for a long time?
- You decide you want to be a lawyer when you grow up?
- You want to grow some vegetables?
- You start to get annoyed when your sister forgets to put back something she borrowed?
- You wish you were taller?
- You have an illness that keeps you from playing your favorite sport?

Signs of Success

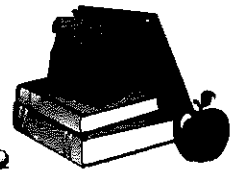
Congratulations! You are practicing Patience when you...

- Calmly tolerate a delay or confusion
- Are willing to wait for things you want
- Set goals and stick with them until they are finished
- Do something now that will help you in the future
- Accept things you cannot change with humor and grace
- Are tolerant when mistakes are made

Affirmation

I am patient. I am gentle with others and myself when we make mistakes. I wait calmly. I trust that things will turn out right.

Activities with Patience



Window Garden

- Have a window box garden in which children can plant some colorful and fast growing flowers such as nasturtiums and marigolds as well as some herbs to bring home to their parents.
- Have children bring flowers they grow to share with other classrooms.
- Name the various flowers by virtues names: Moderate marigolds, Patient petunias, etc.



Virtues Reflection Questions

- ❑ When do you find it hard to be patient?
- ❑ What can you do to be patient when someone is late?
- ❑ Name three things you can do now that will help you to have an excellent career?
- ❑ What would help you to be more patient with family members?
- ❑ What are seeds doing when they are underground and we can't see them?
- ❑ What do seeds need in order to grow?
- ❑ What do you need in order to grow your patience?



Drawing Patience

Draw a beautiful garden.



Poster Points

- ❑ All will be well.
- ❑ Wait for it.
- ❑ Take life as it comes.



Quotable Quotes

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." John Quincy Adams

"I want patience and I want it now!"
Anonymous

"Help us always to be hopeful gardeners of the spirit who know that without darkness nothing comes to birth as without light nothing flowers."
May Sarton

"Patience, patience, patience is what the sea teaches." Anne Morrow Lindburgh

"Patience may be defined as that quality of life which makes suffering creative; and impatience as that whereby suffering becomes a destructive force." Robert Llewelyn

"Patience and diligence, like faith, remove mountains." William Penn