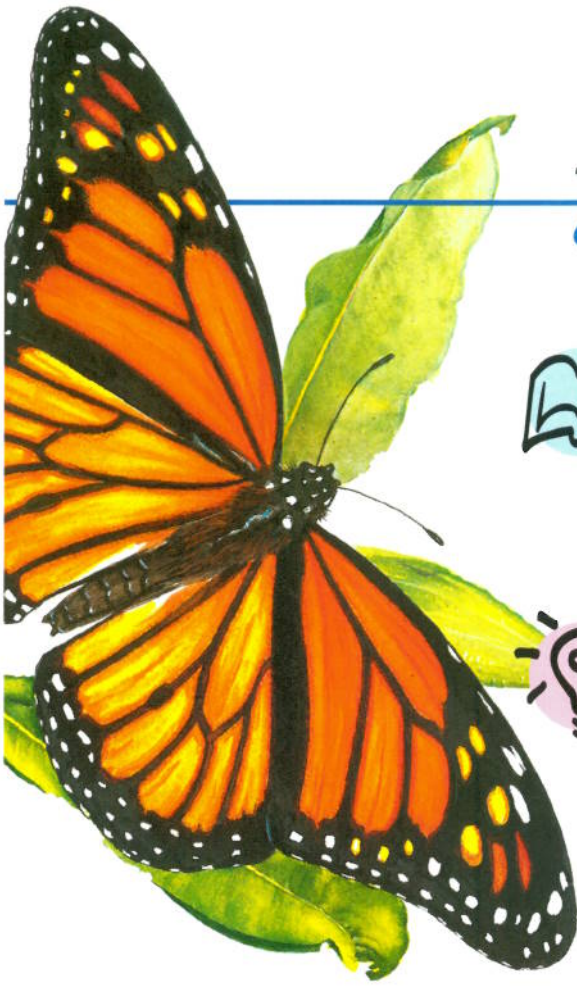


# PATIENCE

Character First!® Education Series 2, Booklet 2



## Definition

Accepting a difficult situation without giving a deadline to remove it.



## Illustration

When a Monarch butterfly completes its long, dramatic metamorphosis, it faces the most difficult struggle of its life—breaking out of the chrysalis. If spared from this struggle, the butterfly's wings would not unfold and it would never fly. Learn in the nature story on page 4 how patience equips the Monarch butterfly for this extraordinary challenge.

"Be patient, my boy," Aunt Mariah told young George Washington Carver. He followed her advice and never stopped asking questions. Turn to page 6 to read how George began at the age of 12 to "learn all he could," and even in the face of opposition, kept trying until he succeeded.

## I Will:

- change the things I can change and accept the things I can't.
- keep trying until I succeed.
- make the most of my spare time.
- not interrupt.
- not complain if I don't get my way.



## Application

Children respond to difficult situations according to their level of patience. Since every worthwhile project involves difficulty, the more patience children develop, the more they can accomplish. The "I Wills," games, and crafts on pages 8 through 14 show how patience endures difficult times and encourages making the most of every minute.



## Praise

Though teachers cannot always remove difficult situations, they can encourage children to see them from the perspective of patience. Page 15 shows how to give gentle, affirming, and patient praise.



# What Is Patience?

Accepting  
a difficult  
situation  
without  
giving  
a  
deadline  
to  
remove it.

## **PATIENCE**

### ***vs. Restlessness***

**Pa•tience** *n.* **1:** the quality of bearing or enduring pain and trouble without complaining. **2:** refusal to be provoked. **3:** calmly tolerating delay, confusion, and inefficiency.

*Patience* is derived from the Latin word *patient*, an adjective that means, "bearing; enduring; permitting; suffering." Life involves difficult circumstances which are often outside an individual's control. There are constant challenges to get angry, frustrated, and discouraged. These are the typical reactions of those who lack patience. Those with patience respond to challenges with assurance, confidence, and self-control.

### ***Accepting a Problem***

Patience isn't a matter of denying or trying to hide feelings. It isn't a matter of ignoring circumstances, either. Patience is a matter of accepting unchangeables that are beyond our control. The key to accepting a problem is realizing that it is more productive to change the things you can change than to get angry about the things you can't change.

### ***Enjoying the Benefits of Patience***

Consider the benefits of patience. In addition to avoiding the dangerous physical consequences of anger and depression, patience offers other benefits.

- Those with patience respond to pressure rationally, not emotionally.
- Those with patience focus on lasting solutions, not "quick fixes."
- Those with patience take the time to resolve problems before they escalate.



## The Concept of Patience

Patience implies waiting without murmuring or fretting. It also implies knowing when to act, and when to wait. Impatient people always feel compelled to act. In difficult situations they are threatened by what they see as loss of control and attempt to regain control at any cost. Many times this makes the problem worse. Some impatient people can become so physically and emotionally exhausted that they collapse into depression or other mental disability.

Often the root cause of difficult situations can be traced to a lack of character. A patient person focuses on resolving the character issues rather than being distracted by the circumstances.

## The Role of Leadership

There is constant pressure on leaders to act. But good leaders realize that patient waiting is often the best choice. Waiting allows time to gain a more complete picture and prevents impulsive and emotional reactions.

Good leaders also realize that, inevitably, those under their authority will make mistakes. A patient response first determines the severity of the mistake, identifies at what point the mistake was made, then works constructively with the one who made it.

Patience must be carefully balanced against leniency. Leniency contributes to laziness and irresponsibility. Patience requires a leader to not only point out mistakes but also encourage others by noticing and praising their punctuality, orderliness, responsibility, truthfulness, and creativity. As always, the most effective way for leaders to teach character is to demonstrate it themselves.

## Focus on Character

Many life experiences are boring and tedious. Patience turns these into character opportunities. Waiting in line can be a time for grumbling and poking my neighbor, cheerfully humming and singing, or quietly planning for a future project.

Many other life experiences are frustrating and discouraging. Patience allows a person to make a rational plan of action by thinking through the situation and making a decision based on ethical standards rather than on emotions. Hasty responses are often regretted in the future.

Patience in the midst of difficulty develops and strengthens character. Like lifting weights, the greater the load one bears, the more one's strength increases. Difficulties are never pleasant, but they can be beneficial if responded to with patience.



## Keep Working and Be Consistent

It often takes more time, energy, attention, investment, and character to get a project finished than is initially anticipated. Patience is the decision to persevere, recognizing that difficulties are not hindrances to achievement, but are part of the process.

When difficulties arise, a patient person maintains a normal schedule as closely as possible because the most effective solutions often come as a result of a patient, regular routine. Rashly deviating from a normal schedule is not usually beneficial.



## MONARCH BUTTERFLY



A tiny egg lay quietly underneath the leaf of a milk weed plant. It didn't move. In fact, it didn't even seem to contain anything alive. Yet inside the egg rested a miniature caterpillar not much thicker than a piece of sewing thread.

One day a slight dent appeared in the egg, then a crack, and eventually a hole. It looked like something was eating the egg from the inside out. It was!

Little did the caterpillar know as it ate its way out of its egg shell that one day it would become a beautiful butterfly. Right

now it was just a worm, a tiny green caterpillar with stubby legs, a big mouth, and a huge appetite.

### Growing Times

As soon as the caterpillar crawled through the hole in its shell, it began to eat. First it ate the shell and then it ate the next thing in sight, milkweed leaves. It ate and ate. The first day it ate so much that it doubled in size. The second day it doubled in size again. The third day it ate so much it doubled again.

Can you imagine eating so much that you doubled in size each day? That is the way it is with caterpillars. They get bigger and bigger and bigger because they eat and eat and eat. They eat the same thing day after day.

Monarch caterpillars eat milkweed leaves for breakfast, milkweed leaves for lunch, milk weed leaves for supper, milk weed leaves for snacks. They eat nothing but milk weed leaves. Imagine if you had to eat the same thing day after day. Don't ever complain about leftovers or spinach.

Just remember the Monarch butterfly. Growing isn't easy for the caterpillar, just like it isn't always easy for you and me. You may

want to be taller, or faster, or stronger, but growing takes time, and it requires patience.

In fact, Monarch caterpillars grow so fast that their skin can't keep up. Every couple of days the caterpillar becomes trapped inside its skin. The skin stretches so tight that it splits out along the back, forcing the caterpillar to wriggle free of its outgrown skin.

### Struggling Times

Struggling out of its skin is no easy task. It's like taking off a sweatshirt without using your hands. The caterpillar has to twist and turn and rub and bend and stretch and twist again to free itself. If it can't wriggle out of the old skin, the poor caterpillar may perish.

Every few days a caterpillar faces the same struggle. For a caterpillar these early days are tough, boring, and dangerous. It eats, grows, and struggles to shed its skin. Then it eats some more, grows some more, and struggles some more. Not knowing what it will become, the caterpillar patiently does what caterpillars do, and waits to see what will happen next.

### Changing Times

One day changes start taking place deep inside the caterpillar. It sheds its skin one last time, and instead of another new skin, the caterpillar finds itself





trapped in an unyielding sack. The caterpillar can't move. It's stuck inside, hanging upside down.

Inside the new skin, called a *chrysalis*, the caterpillar continues changing. Its short stubby legs disappear. Its color darkens. Its organs rearrange inside its body. After about two weeks of waiting, the chrysalis turns clear, and neatly folded orange wings show through the transparent chrysalis. Six long slender legs replace the old stubby ones. A mouth with a coiled up sucking straw takes shape where there used to be chewing parts.

Sometimes things around people change too. Different towns, different

schools, or different friends all require patience. When things are unfamiliar to you, don't be sad or lonely, but wait patiently—like the butterfly.

## Awkward Times

When the metamorphosis is complete, the new butterfly must endure yet another struggle. It must free itself of the chrysalis, unfold its wings, and learn how to fly. This is no easy task. All its body parts are new. Each leg stretches eight times longer. Huge wings cover its back. Everything feels awkward and out of place. It can't walk and it doesn't know how to fly. For the butterfly the awkward times last only a few minutes. As soon its wings dry, it flies away. Finally it's a butterfly! Sometimes people feel awkward too. When there are times when you feel like you can't do anything right, remember the butterfly!

## Dull Times

Becoming a butterfly doesn't mark the end of a butterfly's need for patience. Not long after escaping from its chrysalis and learning how to fly, a butterfly feels a strong urge to leave its home and fly south.

Flying to a place it has never been before requires patience because it doesn't know where it's going or when it will arrive. Day after day after day



the butterfly flies south. Eventually it joins many other Monarchs at an expanse of water so big that they cannot see across.

Without hesitation the patient butterflies fly out over the water. There is nowhere for them to stop, rest, or eat. Traveling up to 80 miles a day, the Monarchs make a non-stop crossing of the Gulf of Mexico to a select grove of pines and eucalyptus trees some 1,180 miles away from the place where they started.

There in the mountains of Mexico, the butterflies join even more butterflies. So many, in fact, that they cover every branch and every leaf of every available tree. It's a special place that's not too cold and not too warm. Since only a few places offer such precise temperature control, billions congregate each winter in this area of only a few acres. Together the butterflies wait and wait and wait.

The next time you are on a long trip, instead of asking, "Are we there yet?" remember the butterfly. Don't let dull times get you into trouble. *Be patient!*





# Patience in History



And that's what you must do, George," said Mariah Watkins, as she looked into the boy's wide, brown eyes. "You must learn all you can. Then go out into the world and give your learning back to our people. They're starving for learning."

Those words burned in George's heart. He had attended school in Missouri for a year now, and Aunt Mariah was like a mother to him. Thinking hard, he walked across a bare dirt yard and picked up a bundle of wood. Overhead, clouds covered the moon. George could feel dampness in the air. "What makes it rain?" he wondered.

Back inside, George dropped his load of wood beside the stove. Aunt Mariah's kind voice interrupted his thoughts. "You had better get to bed, boy. Dawn comes early, and you'll want to have your chores done before school starts."

Long before sunrise the next morning, George and Aunt Mariah were already hard at work. They carried buckets of steaming water from the fire, and dumped them into large iron wash tubs. People from miles around brought their laundry to Aunt Mariah, because they knew of her expert work. George loved watching her rub each tiny ruffle and pleat, patiently soaking and scrubbing until they were perfectly white.

## GEORGE GETS AN EDUCATION

George helped Aunt Mariah, dunking a shirt into the soapy water. He scrubbed hard, until the sweat ran down his forehead. He kept scrubbing and scrubbing until the sun came up, but he never complained.

Did you spot the "I Will"? George did not complain. He worked diligently even though he may have wanted to stay in bed.

After a while the school bell rang. George grabbed his books and hopped across the fence to join the other children walking toward the one-room schoolhouse. He thirsted so deeply for answers to his questions that he listened with all his might.

At recess, the students filled the play yard, but George didn't join in their games. Instead, he jumped the fence and headed back to Aunt Mariah's. Propping his school book in front of him, he said, "Let me help you with that wash, Aunt Mariah." He read as he scrubbed and scrubbed as he read.

Did you spot the "I Will"? George made wise use of his spare time.

"Bless you, my boy," smiled the woman. "How was school today?"

"Well, Aunt Mariah, I've learned to read and write, and I like that," he said. "But, but..."

"What's the matter?" prodded Aunt Mariah.

George looked back with a strange, sad face. "It's just that—well, Teacher Frost—he doesn't like it when I ask questions. I want to know what makes it rain and why flowers bloom and why bees like clover. No one can tell me."

"You won't find the answers to those questions here, George," Aunt Mariah sighed, "or in Fort Scott, either. Maybe not even in Kansas City! Be patient, my boy. Some day you'll find out, somehow."

One winter day in 1876, George settled on top of a loaded wagon and waved goodbye to Aunt Mariah. For the next few years, George earned his own living and went to school whenever and wherever he could.

One of his many journeys brought him to Olathe (oh-LAY-thuh), Kansas. With an empty stomach, George walked down the street and passed a bright barber pole. In the window he saw a sign with two words printed in bold, black letters. George decided to go in.

Upon entering, George found a dark, husky barber snipping away at a man's thick, black hair. They were eagerly discussing a new idea and didn't even notice George waiting quietly in the corner. He waited and waited. The man had lots of hair. At last the barber looked up, and George politely asked, "Your sign out front says 'Help Wanted.' May I have a job?"

Did you spot the "I Will"? George did not interrupt. He waited until the right moment to ask his question.



George worked for Big Nat, the barber, while he attended school in Olathe. He learned from the men who waited for their haircuts just as he learned from his teachers in school. He pondered carefully the problems they discussed, and when he heard new answers to his questions, he soaked them up like a sponge.

Years later, George finished high school and headed back to his childhood "stomping grounds" in Diamond Grove. He breathed in the fresh air and smiled as each step took him closer home, back to Aunt Susan and Uncle Moses. He had exciting news!

"I'm going to college!" shouted George, running up the front steps. Moses and Susan didn't know what to think.

"Haven't you had enough learning already?" they asked.

"No man has enough learning," smiled George. "And me? I'm still trying to find out what makes it rain!"

Did you spot the "I Will"? George kept trying until he succeeded in finding answers to his questions.

Several weeks later, George walked across the campus of Highland University. He could hardly contain his excitement! He had dreamed of this day for years! He stepped nervously into the office where the president sat behind a big desk. "I'm George Carver," he said. "I've come to enroll in your school."

"There must be some mistake," replied the president in a harsh tone.

"But I have your letter of acceptance right here!" said George, a bit shaken. "It says—"

"I don't care what it says," the man interrupted. "You're a Negro. We don't take Negroes here."

George's hopes were shattered like a glass window. The University rejected him because of something he could not change—his race! It wasn't right, but there was nothing he could do. George knew that resenting his situation would not make it better. He would have to make other plans for employing his time and talents, and college would just have to wait.

Did you spot the "I Will"? George accepted the things he could not change (being rejected), and changed the things he could (his own plans for college).

George moved to a homestead and resumed asking questions about the grass and sky. Everywhere he went, he did small tasks to the best of his ability, till one day in Iowa, kind friends encouraged him to try college again. He found that rejection did not mean

failure. Failure would only come when he quit trying. And George would never quit! He completed his training in agriculture and was put in charge of the college greenhouse.

Meanwhile, in Tuskegee, Alabama, an African-American named Booker T. Washington was starting a school for young people of his own race. He needed someone to head up his agricultural department, so when he heard about George Carver, he decided to write a letter.

"I offer you work" wrote Mr. Washington, "hard, hard work. The task of bringing a people from degradation, poverty, and waste to full manhood."

Hard times had prepared George Washington Carver to accept this challenge. For the next 46 years, his research in scientific agriculture brought great benefits to the South. He gave his learning back to his people—those people who were starving for a little learning. Aunt Mariah's dream for him had come true.





# Will to Be Patient

## I Will Change the Things I Can Change and Accept the Things I Can't

It is an exercise in frustration to try to change things that cannot be changed, and it is not the mark of true character to patiently continue trying. It is, however, the mark of true character to accept the unchangeable and change the way I respond to it.

Every person has unpleasant situations in their lives that cannot be changed - physical and mental limitations, loss of a family member, hurts that came from the thoughtlessness of others. Failing to accept these often leads to a bitter, victim attitude and misplaced guilt.



Character Training Never Ends

## I Will Keep Trying Until I Succeed

Nothing worthwhile comes of those who try just once and say, "I can't do it." Being patient recognizes that almost no one does things perfectly the first time. Likewise, one shouldn't quit with success. Patience continues to expand one's skills by adding success to success.

Whether it be spelling correctly, painting a picture, playing a concert piano, or writing a bestselling novel, each goal is accomplished by ordinary people who keep trying.

## I Will Make the Most of My Spare Time

There are many times in a school day that children have spare time. If they use it productively, they are being patient. If they waste that time, it never comes back. Every moment provides something worthwhile to do or to learn.

## I Will Not Interrupt

The same sense of courtesy that says not to cut in line should prompt people to wait their turn to speak. Quietly raising a hand or standing at a parent's side signals that a child is waiting patiently for a person's full attention. It also honors that person by communicating, "Your conversation is important." Interrupting, on the other hand, says to others, "What I have to say is more important than what you have to say."

## I Will Not Complain if I Don't Get My Way

Patience is taking "no" for an answer and accepting it without complaining. A patient person does not keep track of how many times others get their way and then demand an equal number for themselves. Instead, they learn to ask appropriate questions, without nagging. And, if they still feel that the "no" was unjustified, they respectfully appeal to have their question reconsidered.



## Patience Planting

### Object Lesson

It is often said that good things take time, and nothing happens overnight. Children must learn that most things in life take time to develop. This lesson gives children the opportunity to observe the slow process of a growing plant.

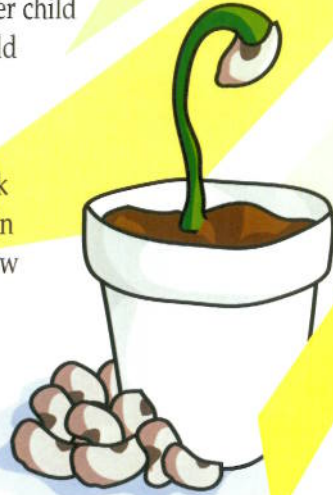
#### Supplies:

- 4 oz. or 6 oz. foam cups - 1 per child
- Potting soil - 1/2 cup per child
- Bean seeds - 1 per child
- Small labels - 1 per child

Give each child a cup and ask them to poke four small holes in the bottom of their cup, to allow any excess water to run out.

Fill the cup 3/4 full of potting soil and then place one bean about 1/2 inch down in the soil. Have each child write their name and the date on a label and stick it on the cup.

Place the cups by a window where they will receive sunlight. Also, place a tray beneath the cups to catch excess water. Water the beans, and explain to the children that they must check their cup each day to make sure the soil is moist. Praise the children each day for their patience in waiting for the plants to grow and in watering their plants faithfully. The children can take the bean sprouts home as a reminder to be patient.



## Stalactites and Stalagmites

### Object Lesson

Drip, drip, drip. Who would think that the enormous columns of stone found in underground caves would form from the drip, drip, drip of mineral-rich rainwater? As the water evaporates, the minerals are left behind, forming columns of stone called *stalactites* and *stalagmites*. It takes hundreds of years to form the columns in caves, but with just a little patience, you can make your own miniature stalactites and stalagmites.

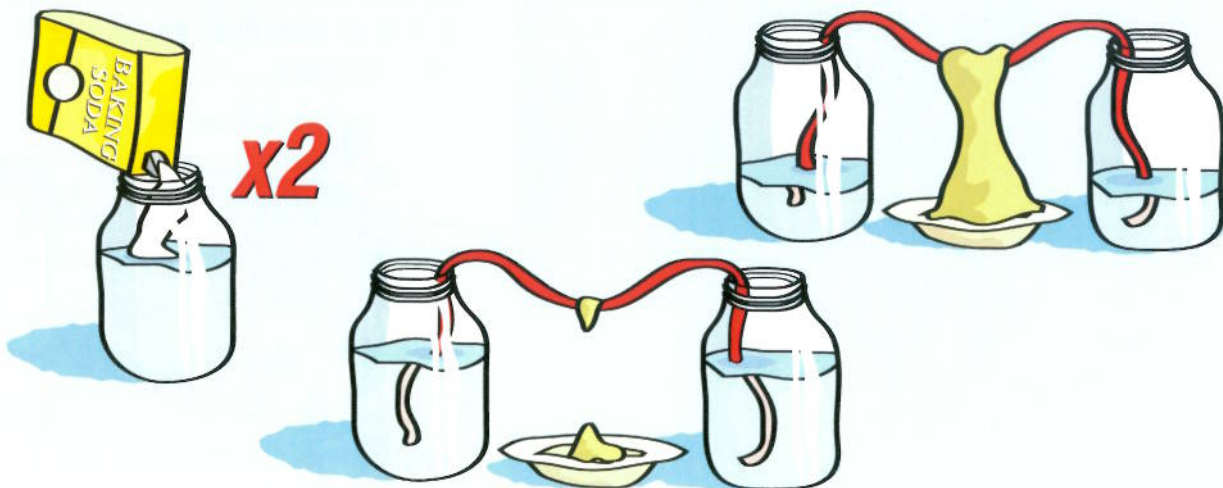
#### Supplies:

- Two glass jars
- Old plate or saucer
- Spoon
- Woolen thread
- Baking soda

First, fill both jars with very warm water, and dissolve as much baking soda in each one as you can.

Next, place the two jars in a warm place but not the oven and place a saucer between them. Twist several strands of the woolen thread together and place one end of each thread in the jars, letting the thread sag in the middle. The solution will soak the threads, and when it reaches the center will start to drip on the saucer.

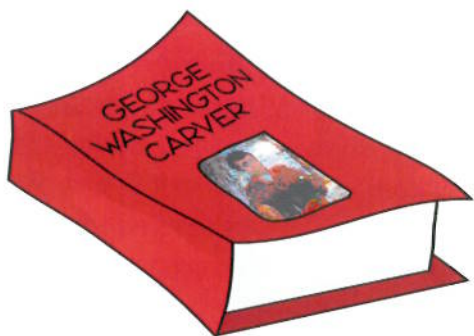
Exercise patience as you leave the jars alone for several days. Soon, tiny stalactites and stalagmites will form from the center of the woolen threads. As the water evaporates, a column of crystals will appear.





# Activities

## Overcome with Patience



Many people in our world today have experienced difficulties they needed to overcome in order to be successful. Most of these people had to have a lot of patience to be what they are now. Children may not realize the time, energy, and effort it takes to meet their goals. Hours of practicing goes into becoming a pianist or basketball player. Create a book area featuring stories of people who overcame disabilities to become successful. Assign book reports with an emphasis on how long it took each person to overcome challenges to achieve goals.

## Definition Puzzle Activity

Find the words listed below in the box of mixed up letters.

Patience is accepting a difficult situation without giving a deadline to remove it.

ACOVHDRWTSMNPOJGTRCVBRELKPO  
 OEPATIENCEJHTSOISJNBFGDYRLKY  
 ITJKTNYYUODLKSJHHYDEADLINEKIO  
 VNGGIVINGGIVLINGTDREMANSTOMQ  
 KIOUYTITOPWITHOUTJJHEERDEDKWE  
 LKOINGEEDRUCSLKJWAQUERREMOVE  
 AMNSMJDIFFCULTMJSEPOIWKSJDHFG  
 ALKOIXXJUSHERINGHJKIUSYDTRHJKL  
 HSITUATIONJUHGFSGYTUDIHFUYTRF  
 POISMJNUTYUHYSACCEPTINGKJJHLKI



## When the Time Is Right

A caterpillar's life is difficult to bear.  
 Its life just crawls along,  
 and no one seems to care.  
 Through agonizing hours,  
 it's wrapped up in a cocoon, deep sigh  
 Just dreaming of the day  
 that it hopes will be here soon . . .

For when the time is right,  
 it becomes a butterfly!  
 And when the time is right,  
 new wings will reach the sky!  
 For if you're patient,  
 you will see your dreams take flight.  
 That wonderful, marvelous, beautiful,  
 glorious, truly miraculous day  
 When the time is right!

## Patience Challenge Activity

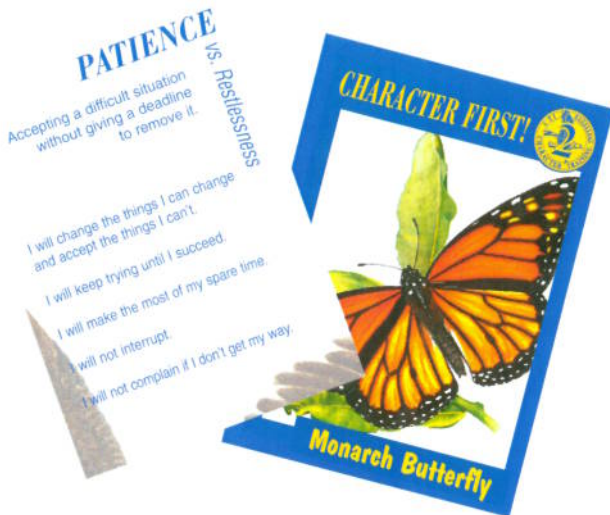
Ask the children for ideas on how to make use of time that is spent waiting in lunch line, the line for the water fountain, for a turn on a swing on the playground, etc. Have the children use their spare time at their desks to make posters that illustrate these ideas. Place boxes of simple projects (such as sorting art supplies) where children are likely to spend a minute of spare time—for example, by the pencil sharpener.





## Character Cards

Actions are not character unless they are a part of everyday life. Distribute the patience *Character Card* to each individual, and look him or her in the eye, saying, "Here are ways you can demonstrate patience." Read the "I Wills" on the back of each card. Review the Monarch butterfly story, and ask how it illustrates each of the five "I Wills."



### Variations:

- Share a personal illustration from your own life of when you were patient or impatient. Be sure to emphasize that there were consequences to your wrong choices.
- Give each child an opportunity to make a commitment to be patient. Say, "Will You...?" and have the children respond, "Yes! I will..." for each of the five "I Wills."

"Will you change the things you can change and accept the things you can't?"

"Yes! I will change the things I can change and accept the things I can't."

"Will you keep trying until you succeed?"

"Yes! I will keep trying until I succeed."

"Will you make the most of your spare time?"

"Yes! I will make the most of my spare time."

"Will you interrupt?"

"No! I will not interrupt."

"Will you complain if you don't get your way?"

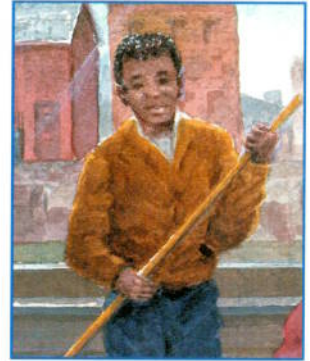
"No! I will not complain if I don't get my way."

## George Washington Carver

Role models and heroes play an important part in influencing children. That is why children need to hear stories of men and women whose lives are worthy of imitation.

George Washington Carver did not let his circumstances frustrate him. He was patient, and he used his time wisely in order to learn as much as he could.

Read the story on page 6 about George Washington Carver's undying passion to learn and to overcome the difficult circumstances of his life. Review the five "I Wills" before starting so the children can listen for them.



As a young boy, Carver worked hard and asked hard questions. He wanted to know what caused rain, and he didn't quit until he found out. Do *you* know what causes rain?

## Memory Work



I will use my free time wisely;

I will try till I succeed.

I will never interrupt someone

When they begin to speak.

I will never nag and nag until

I get the things I plan;

I will bear the things I cannot change

And change the things I can.

My character is what will make

A leader out of me!

So next time through, let's say it more

**ENTHUSIASTICALLY!**



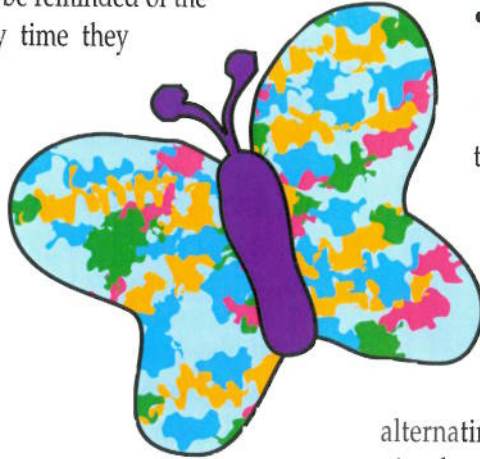
# Activities

## The Patient Butterfly Craft

Before a butterfly becomes beautiful, it must be very patient. It goes through the long process from being an ugly caterpillar and living in a cocoon to finally becoming a beautiful butterfly. Children can be reminded of the rewards of being patient every time they look at a butterfly.

### Supplies:

- Old crayons
- Cheese grater or knife
- Waxed paper
- Iron
- Black construction paper
- Small permanent marker
- Yarn optional



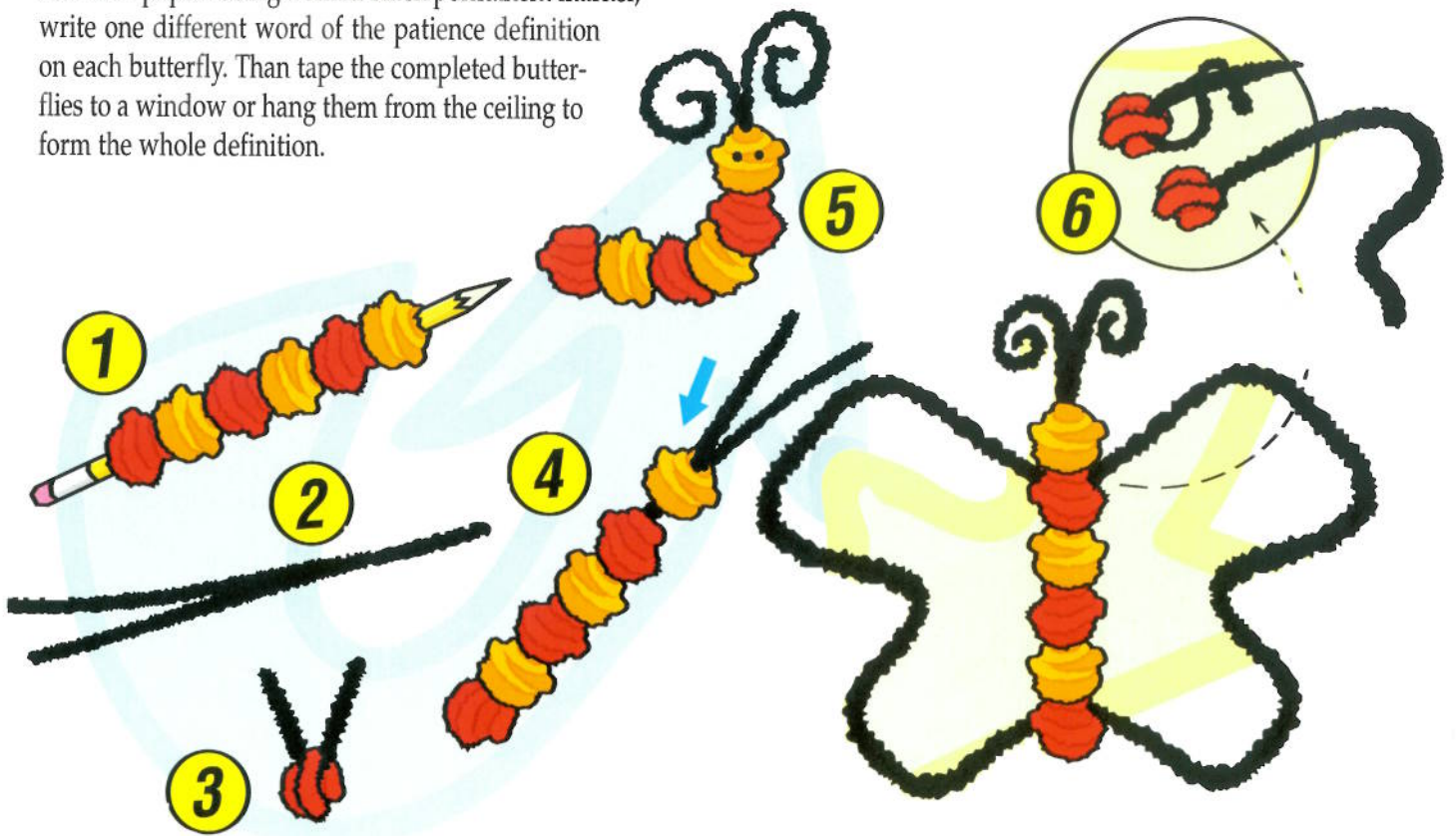
This craft will help children to remember the definition of patience. First, shave old crayons with a cheese grater or an old knife. Iron the shavings between two pieces of waxed paper. Cut out the waxed paper in the shape of a butterfly and add the body made of black construction paper. Using a small black permanent marker, write one different word of the patience definition on each butterfly. Then tape the completed butterflies to a window or hang them from the ceiling to form the whole definition.

## Fuzzy Flyers Craft

### Supplies:

- 3 black pipecleaners
- 2 colored pipecleaners (different colors)
- Pencil
- Black permanent marker

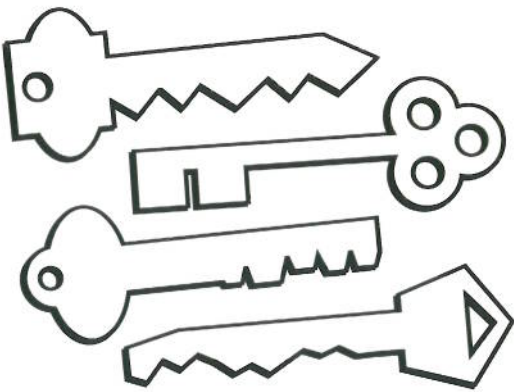
This craft will remind the students how the butterfly must first be patient as a fuzzy caterpillar before changing into a beautiful butterfly. Cut each of the colored pipecleaners into three equal pieces and wrap around a pencil to make six bundles. Next, fold one black pipecleaner in half and thread it through one of the coils. Then slide on the rest of the coils, alternating the colors. Swirl the ends of the black pipecleaners to make antennae, and draw eyes with a marker. Finally, shape wings from the two remaining pipecleaners and twist to the fuzzy body.





## Patience Placemats Craft

This activity will encourage children to practice patience everywhere they go. After reviewing the definition and "I Wills," ask your children for some ideas on ways they can demonstrate patience. You might get answers such as "Raise your hand," "Let others go before me," "Wait quietly," or "Do not interrupt." This will allow the children to see that demonstrating patience is a simple thing to do.



### Supplies:

- 8.5" x 11" piece of paper
- Key templates
- Glue
- Scissors

Give each child a piece of 8.5"x11" paper for a "placemat." Using the key templates (you may enlarge the ideas above), let the children trace several keys on different colored paper. Then let them think of ways they personally need to practice patience and write them on the keys. After cutting out the keys, glue them to the placemat. If extra room is needed, glue some keys to the back for a "reversible" placemat. When completed, laminate the placemats and tape them to the children's desk as daily reminders to be patient.

## Obstacle Course Activity

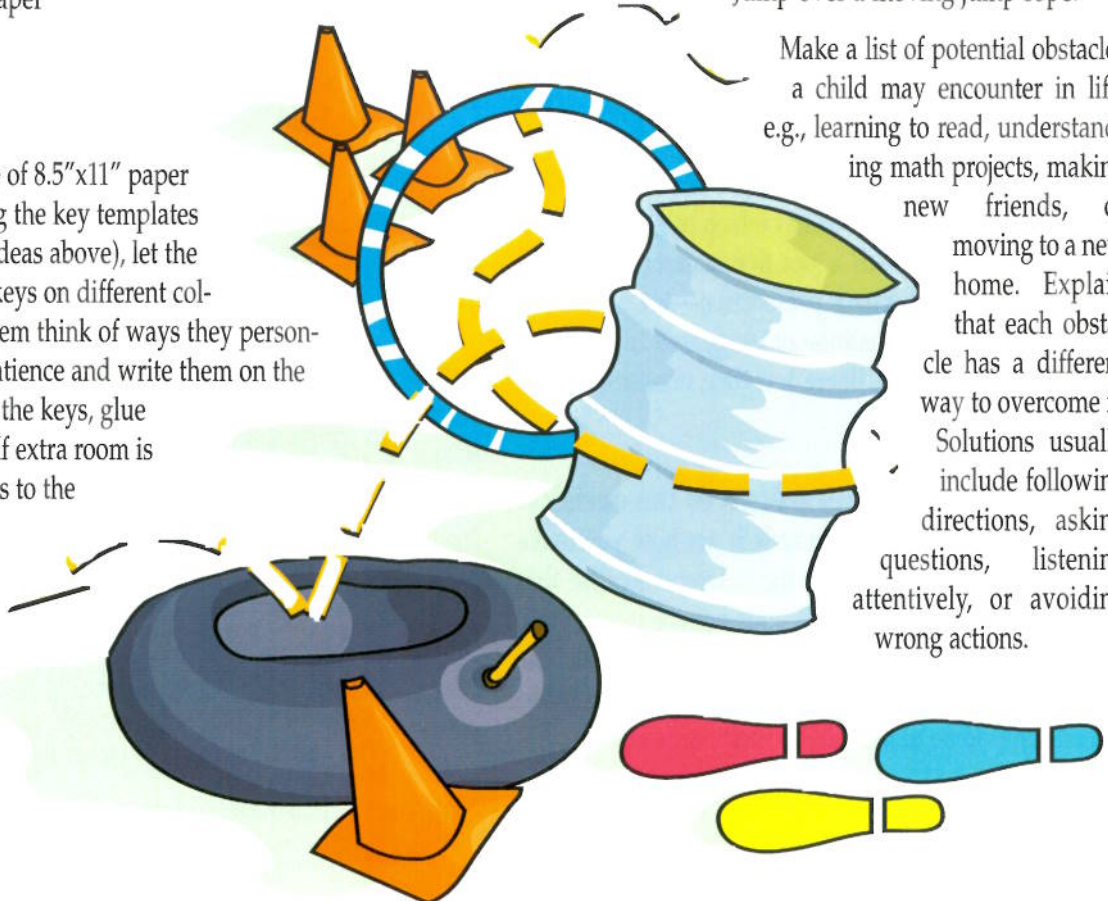
One aspect of patience is to accept difficult situations and work through them. In the obstacle course activity, each object must be accepted and then overcome. Point out to the students that becoming angry or frustrated with an obstacle actually interferes with overcoming it.

Using two or three students, demonstrate an obstacle course at the front of the classroom. To involve the entire class, use the playground or cafeteria.

### Obstacles may include:

- Crawl under table.
- Weave through a row of chairs or desks.
- Climb over a sturdy box or chair.
- Step through an inflated inner tube or coiled hose.
- Make a U-turn around a trash can.
- Step on large circles of construction paper as stepping stones. Use double stick tape to anchor. (For a greater challenge, use several colors, but step only on one color.)
  - Climb through a hula hoop.
  - Jump over a moving jump rope.

Make a list of potential obstacles a child may encounter in life, e.g., learning to read, understanding math projects, making new friends, or moving to a new home. Explain that each obstacle has a different way to overcome it. Solutions usually include following directions, asking questions, listening attentively, or avoiding wrong actions.





## Learn How to Make an Effective Appeal

### Appeal to the right person.

Be sure to talk to the right person. Find out who has the authority to grant your appeal. Going to the wrong person not only delays the process, it may also offend the person who is in charge.

### Pick the right time.

Pick a time when the one hearing your appeal has time to listen without distractions. Don't act impulsively. Don't demand to be heard only when it is convenient. Be willing to sacrifice your own time.

### Have the right attitudes.

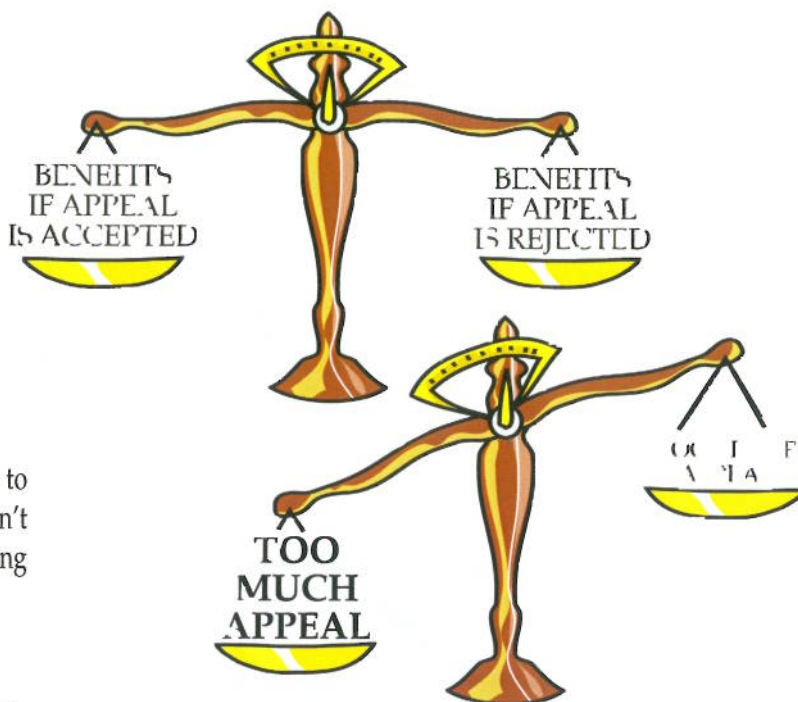
More appeals are probably rejected because of wrong attitudes than for any other reason. When you appeal, be willing to accept any decision. Show respect for the position of the one in authority. Above all, don't manipulate the outcome. By giving the one hearing your appeal the freedom to do what is right, you not only strengthen your own appeal, but you also gain favor for future appeals.

### Choose the right words

It is easy to be misunderstood. Write out your appeal to check for any inflammatory words which might provoke a harsh reaction. Begin with a positive statement. Explain things from your authority's perspective—not your own. Don't leave out any information or exaggerate anything to make yourself look good. Being less than honest will only hurt your appeal.

### Decide to be grateful, regardless of the decision

The highest test of your real attitude is not how you make an appeal, but how you handle the outcome. Realize that both outcomes have benefits. If your appeal is accepted, show gratefulness. If your appeal is rejected, show the same gratefulness. In doing so you gain respect and cause your authority to be more open to future appeals.



## Keep it in Balance

### Apply These Principles to Life

The need for appeals is so common that it shouldn't be hard to find a real life situation in which to apply the principles. If you would like to practice, try the following scenario.

A small group of students has been warned about raucous talking in the lunchroom. They continue, and the attendant closes the playground for everyone for a week. You want to go out and play.

- How do you make an effective appeal?
- To whom do you make the appeal?
- To whom should you *not* make the appeal?
- What time is best?
- What attitude should you have?
- How can you convey the right attitude?
- How does the attendant see the situation?
- How can you make the attendant successful?
- How can you praise the attendant?
- What words should you avoid?
- What are the benefits of either decision?



## Recognize Patience

Before you can praise patience, you've got to be able to recognize it. Here are a few examples of patience in the classroom. Students demonstrate patience when they:

- Wait for a teacher to recognize a raised hand without the normal "OH! OH!" and waving of the arm.
- Don't interrupt others.
- Don't complain about the slow lunch line.
- Don't whine.
- Tolerate bothersome classmates.
- Wait quietly for the next turn.
- Respond to difficult situations with a good attitude.
- Willingly set hard-to-attain goals.

Because teachers are with their students for so much of the day, they have many opportunities to recognize and praise patience. Therefore, a teacher may be one of the first to notice a child growing in this character quality.

## Check Motives

Some children may attempt to call attention to themselves in order to receive praise. It is important to praise for character, but teachers need to check motives. Demonstrating character to be seen or to receive praise is not character at all. Children reveal true character when no one else is watching.

Be careful not to overlook students who might have a tendency to shun attention. These children need praise too, perhaps even more than others. If praise should become an embarrassment, praise these children in private.

Be careful not to bribe children with candy or money as prizes. These things focus children's attention on the prize more than the character quality. They encourage character for the sake of a prize rather than for its worth.

## Praise Early

Children who fail to learn patience often become impatient adults. They whine and complain at the slightest irritation. Obviously, since an impatient child behind a tricycle creates far less threat to society than an impatient adult behind the wheel of a car, the time to teach patience is at a young age. Children who learn patience early in life benefit greatly later on.

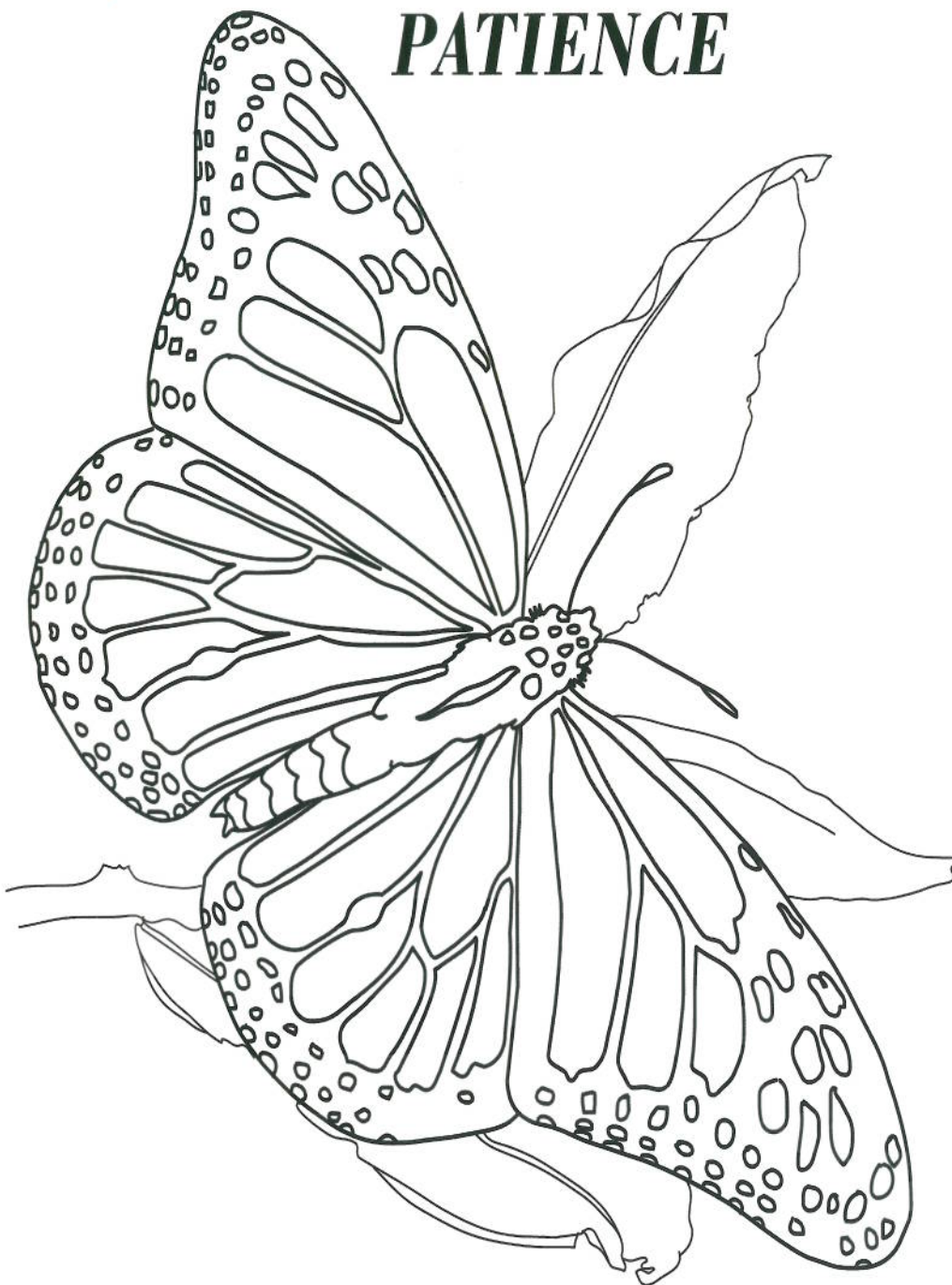
## Ways to Praise

Consider some creative ways to praise!

- Make paper butterfly awards. Start with eggs, then caterpillars, then chrysalis, and finally, for those who have exhibited patience on three successive days, full-color butterflies.
- Give the child a special privilege for a day.
- Allow the child to do an important job.
- Send a special note to the principal naming those students who have demonstrated patience.
- Allow a child to call a parent at home or at work to say he or she has been recognized as patient.
- Prepare certificates of patience and mail them to parents or grandparents.

Preparing special awards shows the children that their efforts are important to you. Go the "extra mile," and your students will too!

# PATIENCE



## Coloring Fun

Make copies of the picture on the left. Let students color and take home.

### Copying guide:

Choose "enlarge"—8.5 x 11 to 11 x 17 129% to fill an 8.5 x 11 page.

Be sure to choose the "8.5 x 11" paper source.

Some copiers may require repositioning the page on the copier to copy only the area to be colored.

Accepting a difficult situation without giving a deadline to remove it.

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## Teaching Tips

### Timing Is Everything

Planning the Patience Booklet for spring coincides with planting season. It will greatly multiply the impact of the lesson to send plants home where they can grow throughout the summer.

### Watch a Butterfly

Where possible it is quite easy to capture a few Monarch caterpillars and watch them change over a period of a few weeks. Other caterpillars go through a similar metamorphosis. Because most caterpillars eat only certain plants, you'll need to watch what they eat to supply the right food. Be careful to return the mature butterflies to the same fields where they were found.