

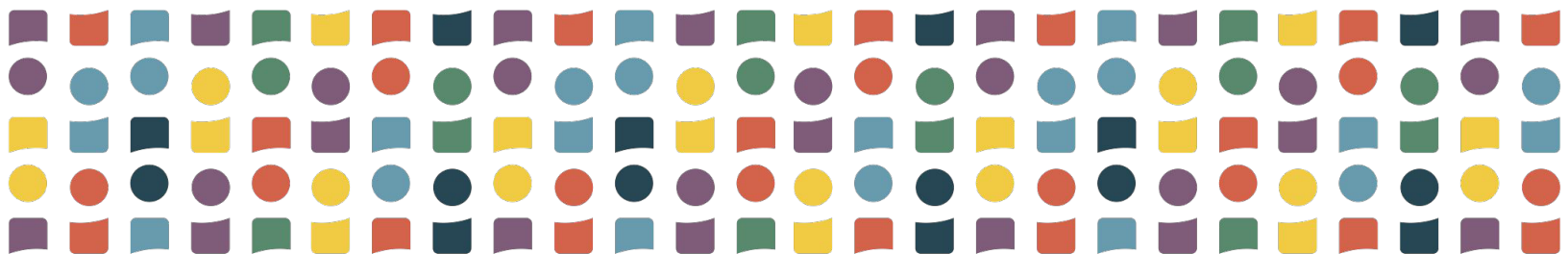


Lesson Thirteen

In this lesson, students explore the important skill of patience through playful activities and calming strategies. Students learn and practice tools to manage impatience—like deep breathing and counting to ten. They enjoy a story that shows how patience can grow when we slow down and listen. Through hands-on experiences like waiting their turn to peek inside a surprise box and coloring with their non-dominant hand, students discover that patience is a superpower they can use every day—even at home!

At Home Practice: 🎨 Let's Make a Patience Poster! 🖍️

1. 📰 First, cover the table or floor with newspaper or something you can get a little messy on. This is our "messy zone!"
2. 🖍️ Put out some washable paints, markers, crayons, and big paper. We're going to make a poster about PATIENCE!
3. 🖐️ Now comes the twist! Use your silly hand—the one you don't usually write or draw with! Yep! That one! It might feel tricky... and that's okay!
4. 😞 If you feel wiggly or frustrated, take a deep breath. In... and out. Count slowly to 10 like this: 1... 2... 3... all the way to 10!
5. 😂 Laugh it out! Patience is easier when we're having fun. Make funny faces or draw a silly creature waiting for something on your poster



At Home Practice: Let's Make a Patience Poster! cont.

6. 🦶 Want a super challenge? Put the newspaper on the floor and try painting with your feet! (Ask a grown-up first—this one's wild!)
7. 🎉 Add words and pictures that remind people to slow down, breathe, and wait kindly—just like you're learning to do!
8. 🖼️ When your poster is done, hang it up where everyone can see! It's a reminder for your family to practice patience too.
9. 🦊🦊 Don't forget to cheer each other on when it feels hard. Say things like "You're doing great!" or "We can wait together!"

 Patience Power in Real Life:

You can practice being patient when:

You're waiting your turn at the playground 🛝

You're hungry and dinner's not ready yet 🍴🍽️

You're in line at school 🏫

You're building something tricky like blocks or puzzles 🧩

You're trying something new and it takes time 🎨🎵

Patience is like a muscle—the more you use it, the stronger it gets!