



Lesson Thirteen

Cross-Curricular Activities and Resources:

- 1. Music: Freeze Dance** - Clear a space in the classroom or take students to an open space outside. Tell students they will start dancing when they hear the music play and they will freeze when the music stops. They should remain frozen in place until the music starts up again. Do the freeze/dance cycle several times to help students practice patience.
- 2. Physical Education: Cotton Ball Relay** - Place students in small groups. Give each group a cotton ball on a spoon. Explain that the goal is for students to keep the cotton ball from falling off the spoon as they walk a certain distance. Set up a relay distance in the hall or gym so that each group member must travel about 10 yards with the spoon and cotton ball. Tell students that the goal is not to race to the finish, but to patiently and carefully transport the cotton ball from one relay member to the next.
- 3. Art: Impatient/Patient Me** - Give students art supplies and ask them to draw themselves when they feel impatient and when they feel patient. Ask volunteers to share what makes them feel impatient. As a class, discuss how students can center themselves in these situations to feel calm and patient.
- 4. Science: Grow a Plant** - Obtain some seed-starting mix, several small pots, and a few flower or vegetable seeds, such as sunflower seeds or bean seeds. With students' help, fill the pots nearly full with the mix, add the seeds and a thin layer of mix, water the seeds, and place the pots on a sunny windowsill or under a heat lamp. Each day, set aside time for students to observe the pots to see if the seeds have sprouted or how the seedlings change as they grow. Talk about how waiting for plants to grow takes patience, and how each stage of a plant's life is special.
- 5. Language Arts: Patience Round** - Place students in a circle and have them take turns coming up with a word or phrase that describes the quality of patience. You can start off the activity by saying, *Patience is calmness.*