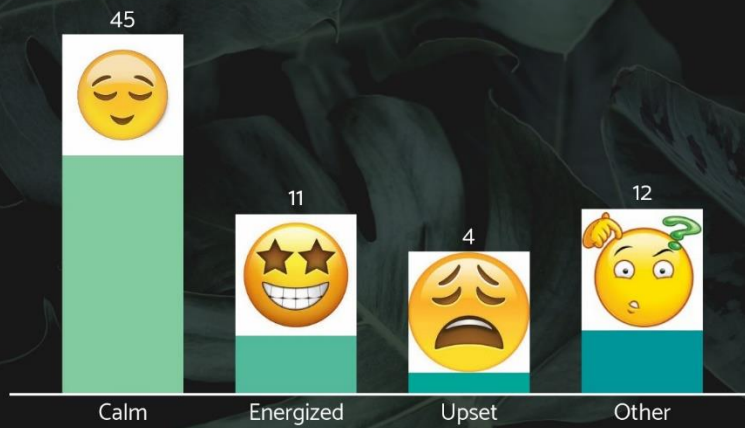


# Patience

March 24, 2021  
3-5 Presentation  
Ms. Richardson, CCE  
Ms. Wenger, ECE & LES

## How are you feeling today?



**PATIENCE**  
**IS NOT THE**  
**ABILITY TO WAIT**  
**BUT HOW YOU**  
**ACT WHILE YOU'RE**  
**WAITING**  
—JOYCE MEYER

Patience for Kids

Watch later Share

# PATIENCE

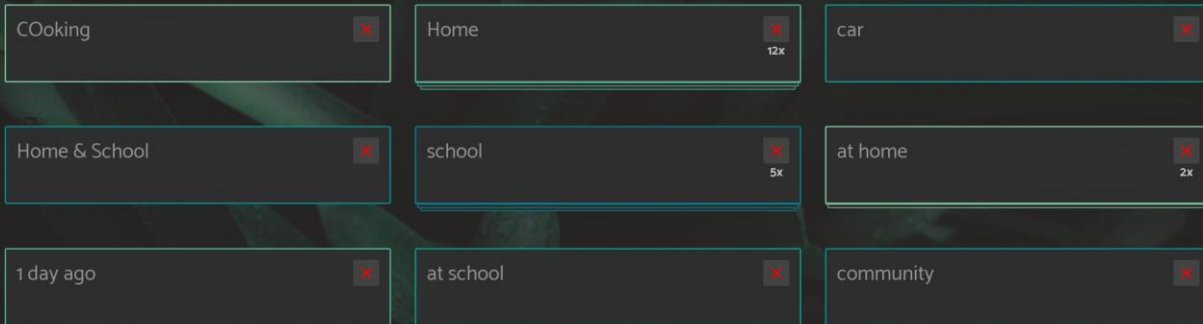
▶

**FLEXTALK KIDS**

Watch on YouTube

# When is the last time you showed patience? Home? School? Community?

Mentimeter

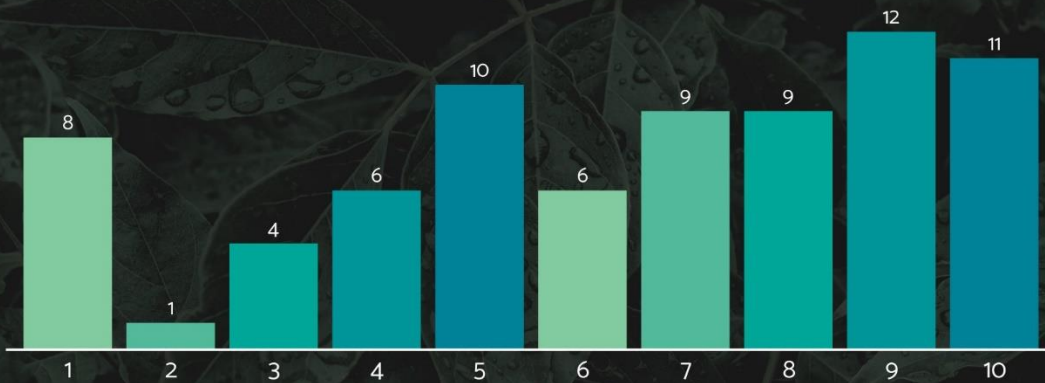


There's no correct answer!

32

# On a scale of 1-10, how patient do you think you are?

Mentimeter



76

## Patience contributes to lots of things like empathy, leadership and managing stress. Why do you think that is?

Mentimeter

???



Because fish



Idk



2x

it helps you take time to control them



because you feel bad



It makes people feel good



Knowing what other people are thinking is important.



Because if you dont have patience it gets the other people frustrated



i think it has to do with those other things because your waiting and emapthy is waiting to be nice



There's no correct answer!

59



Mentimeter

## Patience and Other Characteristics

- Empathy: you have the ability to stop and think about how other people are feeling
- Leadership: you can suspend judgement long enough to make an informed decision
- Stress management: you give yourself time to use your coping skills



## Tips for Increasing Patience

- Practice by making yourself wait for things
- Try to find a pattern in things that make you feel impatient
- Take deep breaths when feeling impatient

# What is the hardest thing about patience?

Mentimeter

patience

You have to not be rude and not get annoyed

learning how to wait can be hard

Waiting Ur turn for something U want

waiting for a long time

Waiting for something i dont want to wait for.

when I am really hungry and i dont want to wait for dinner

staying calm

waiting

5x

There's no correct answer!

47

