

The Value of Patience

Social-Emotional Learning (SEL)

Social-emotional learning refers to helping children discover and practice ways to undertake life's challenges in a healthy, productive, and cooperative manner. There are five facets of social-emotional learning:

- **Self-respect and awareness**
- **Self-management**
- **Empathy and respect**
- **Social skills**
- **Decision-making**

Patience and Social-Emotional Learning

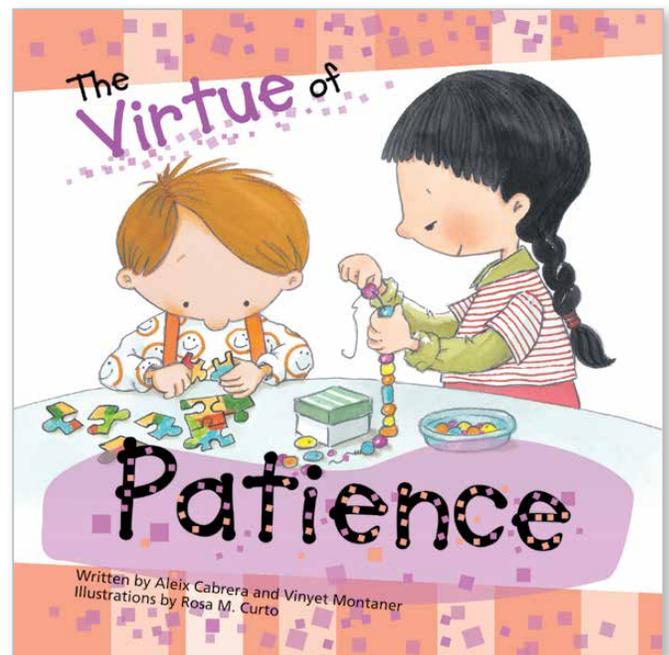
Patience is a self-regulatory behavior that is the foundation of success in school and in life. Without a well-developed that capacity, children can miss out on enjoying the rhythm of daily life, making connections with others, achieving their goals, or fully developing their talents.

The Virtue of Patience (© Loyola Press) uses simple scenes from daily life to explore the idea of patience with oneself, with others, and with tasks that require practice and sustained effort.

Teaching the Value of Patience

- Modeling patience is an important part of nurturing the capacity for patience in children. Be patient while waiting for children to respond to questions during group discussions or when asking them to respond to a direction. Children often need more time to process a question or request than we might think.
- Post schedules that use words and pictures. When children know what comes next and when, they can be less impatient and anxious.

- Give children options for constructive things to do while they are waiting. This builds independence and encourages self-management
- Help children gain the understanding that they might not get things right the first time they try and that progress may be hard to see. Nevertheless, they need to be patient with their progress toward their goals. Not being patient with oneself can lead to unfulfilled potential, which can contribute to decreased self-esteem
- Introduce games and activities that encourage problem-solving and trial and error, such as construction toys, puzzles, and brainteasers.
- Use the scenarios in *The Virtue of Patience* and the activities that follow to highlight the role of patience in social-emotional learning.



It Takes Time

Before You Read Aloud

USE A FAMILIAR SONG, RHYME, or other cue to let children know that it is time to gather around. Use the gathering time to help children see themselves and one another as important members of the classroom community by helping them exercise important social skills, such as respecting others' personal space, listening to and following directions, and taking turns.

MATERIALS

- *The Virtue of Patience* by Aleix Cabrera and Vinyet Montaner (© Loyola Press, 2020 ISBN 0-8294-5038-5)
- It Takes Time Children's Page
- Crayons or markers

1 Begin

Signal children to gather around you. Once children have comfortably gathered, read aloud "Goodbye Training Wheels" on pages 6 and 7 in the book. Say: ***It takes time to learn things. We need to be patient with ourselves as we do all we can to learn something new like the boy in the story. It takes a lot of practice to do something new, and it takes patience.***

Ask:

- How would you encourage a friend who was sad because he or she wasn't able to do something the first time he or she tried?
- The boy's family gave him advice while he was learning to ride his bike. What advice do people give you when you are trying to learn something new?
- How do you think the boy felt when he was able to ride his bike without training wheels? What makes you think so? Or just ask "Why?"
- Say: ***Sometimes it's hard to be patient, but when we give ourselves the time needed to do something well, we are proud of our accomplishment.*** Invite one child at a time to return to his or her seat. When all the children have returned to their seats, praise them for patiently waiting.

2 Connect

Distribute the Children's Page. Guide children through the pictures on the page and invite volunteers to identify each activity (putting together a puzzle, tying shoes, stringing beads).

Say: ***We need patience to do each of these activities. What other activities do we need patience to do?*** Lead children to identify several other activities that require patience. Then read aloud the directions on the page. Allow time for children to complete their coloring and drawing.

3 Close

Invite volunteers to share their drawings. Say: ***With patience and practice, we can do just about anything!***

The Virtue of Patience

Name _____ Date _____

It Takes Time

Directions

1. Color the pictures of things that take patience.

2. Draw a picture of yourself in the box below doing something else that takes patience.

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The Virtue of Patience • Children's Page • Activity 1

Name _____ Date _____

It Takes Time

Directions



1. **Color** the pictures of things that take patience.



2. **Draw** a picture of yourself in the box below doing something else that takes patience.



I Can Wait

Before You Read Aloud

CHILDREN OFTEN ENJOY HEARING a favorite book read aloud several times. So, you may wish to read the entire book to the class a day or two before doing the activity that follows.

MATERIALS

- › *The Virtue of Patience* by Aleix Cabrera and Vinyet Montaner (© Loyola Press, 2020 ISBN 0-8294-5038-5)
- › I Can Wait Children's Page
- › Crayons or markers

1 Begin

Signal children to gather around you. Once children have comfortably gathered, say: **You are going to read a story, but before we do, we are going to be still and quiet as you can be while I count to 10.** Slowly count to ten. Praise children for waiting patiently. Then, read aloud "Rainy Day" on pages 32 and 33 in the book. Ask questions to help children deepen their understanding and highlight aspects of social-emotional learning, such as empathy and self-awareness.

Ask:

- How did it make you feel when I asked you to wait quietly for 10 seconds before we read the book? Was it easy or difficult? Why?
- What do you think the children are thinking as they look out the window?
- What do you think they are feeling?
- Have you ever had to wait for the weather to change before you were able to do something that you wanted to do? What did you do while you waited?

Say: **Waiting until we can do something we want to do can make us crabby or sad. We are all asked to be patient sometimes. But there are a lot of things we can do while we wait for something else to happen.**

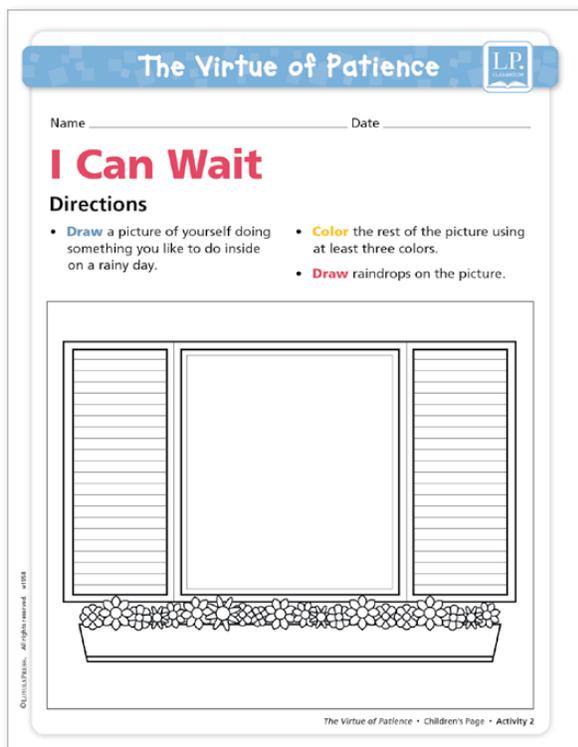
Then direct children to return to their seats.

2 Connect

Distribute the Children's Page. Read aloud the directions. Invite children to name things they can do inside on a rainy day, such as playing checkers, drawing a picture, or putting together a puzzle.

3 Close

Invite children to share their finished work with the class. Say: **It's not too fun to wait, but we can do a lot of fun things while we are waiting.**



Name _____ Date _____

I Can Wait

Directions

- **Draw** a picture of yourself doing something you like to do inside on a rainy day.
- **Color** the rest of the picture using at least three colors.
- **Draw** raindrops on the picture.

