



**Methodology book**

<p><b>Habit – Patience</b></p>	<p>Description and importance in school:          The Webster’s dictionary defines patience as: the capacity, habit, or fact of being patient; to endure what is difficult or disagreeable without complaining. Patience is defined as the quality of being patient, as the bearing of provocation, annoyance, misfortune, or pain, without complaint, loss of temper, irritation, or the like.</p> <p>For a young child, patience can be defined as “keeping going, even if things get hard; staying calm when someone or something is bothering you; and waiting calmly for things.”</p> <p>For young children, working at a challenging craft requires patience because it can be tempting to get frustrated or quit if the project does not take shape quickly or as they had envisioned it. Ideas include gluing small objects, threading beads, drawing a grid and colouring the grid squares in a pattern. Talk about how the patience you used while putting the craft together paid off in the end with how satisfying it was to complete the project. Talk about how the craft would have looked differently if you had not been so patient with it.</p> <p>Give our pupils the opportunity to reflect on what surrounds them and help them to grow in patience by studying the patience of a bird on its nest, growing their own little garden, growing a flowering plant and waiting for it to bloom, or growing a sugar crystal candy.</p>
<p><b>Activity/Game</b></p>	<p><b>Growing “patience candy”</b></p>
<p><b>Age /year of school</b></p>	<p>6 – 14 years old</p>
<p><b>Duration</b></p>	<p>+ - 40 minutes          (+ - 30 minutes ) extra lesson</p>
<p><b>Resources and materials</b></p>	<p>A cup of water, three cups of sugar, a glass jar, a paper clip, food colouring (optional), a paper towel or coffee filter, and wool or cotton string</p>



patient.

Just as the crystals did not grow right away, sometimes we have to wait calmly and it takes time to get what we want, to get a reward from our effort.

Explain that being patient is hard, but with some training, it is possible and rewarding!

## **2nd lesson**

### **Extra Examples**

#### **Patience in nature**

Animals display significant patience while incubating their eggs. Many go for significant lengths of time without food and water while waiting for their eggs to hatch.

Use the questions for discussion to introduce the pupils to the idea of birds being patient. Birds usually incubate their eggs for at least a couple of weeks prior to their chicks hatching.

- 1 - How long does a bird have to sit on her eggs before they hatch?
- 2 - What would happen if the bird became impatient and went away,  
leaving her eggs for too long?
- 3 - Is there anything you have a hard time waiting for?

For a patience reminder, ask the pupils to practice making a bird noise or chirping the next time they are tempted to be impatient. You may also want to start chirping like a bird as a reminder when you see a child beginning to get impatient. Birds can remind all of us that being patient has its own reward. For their patience, the birds are rewarded with a nest full of baby birds. Likewise, when family members are patient with each other, their reward is a peaceful household.

#### **Fruit ripening**

Buy some green fruit, in advance. Bring it to class and have your pupils taste them when they are green, then wait a few days and taste them when they have ripened. Explain that life is like waiting for fruit to ripen. Sometimes when we are impatient for things and demand them right away, the end result will be that they will not be seem as good as

if we had waited.

You can give examples that are applicable to your children's lives, like a birthday cake. When a pretty cake is decorated for a birthday party, it is hard to wait until the guests arrive to eat some, but it would be very disappointing to serve friends a birthday cake with a chunk taken out of it.

