



Students activity book - Growing “patience candy”

<p>Patience - brief explanations</p>	<p>Webster’s dictionary defines patience as: the capacity, habit, or fact of being patient; to endure what is difficult or disagreeable without complaining.</p> <p>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>A glossary of terms</p>	<p>Patience</p>
<p>Basic instruments/ materials</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>
<p>Short instruction of the training sessions or the activities</p>	<p>Steps</p> <p>1- As the adult supervising, boil a cup of water on the stovetop.</p> <p>2 - Remove the pot from the stove and have your children help you stir in the three cups of sugar, one teaspoon at a time. (This is the first patience exercise.) As your children stirs each teaspoon of sugar until it dissolves, talk about situations where it is hard to be patient. Encourage them to stir diligently. (If the sugar is not stirred in gradually, your “patience candy” will not form properly.) Once sugar starts to clump at the bottom of the pot, enough has been added.</p> <p>3 - Next, pour your sugar-saturated solution into a clear glass jar. If you wish, now is the time to use food colouring to tint the sugar water.</p> <p>4 - To create a growing surface for the crystals, tie a wool or cotton string to the middle of a pencil. Tie a paper clip or similar sterile, lead-free weight to the other end of the string.</p>

	<p>5 - Dangle the string into the sugar solution, making sure the weight is very close to, but not touching the bottom of the jar.</p> <p>6 - Move the jar to a location in a place where it will be undisturbed, but can be observed closely. Cover the top with a paper towel or coffee filter to protect it from contamination.</p> <p>7- All that is left to do is watch and wait. About 24 hours afterward, you should see crystals forming. Crystals will continue to form until the sugar is used up.</p> <p>8 - Finally, remove the crystals and allow them to dry. You can save them or eat them.</p> <p>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.</p> <p>As you enjoy eating or admiring the crystals, take time to think that just as the crystals did not grow right away, sometimes it takes time to be patient and being patient or staying calm is hard, but with some training it is possible and rewarding.</p> <p>Likewise, when schoolmates or family members are patient with each other, their reward is a peaceful school community or household.</p>
<p>“a bag of tricks” useful pieces of advice and suggestions for the students</p>	<p>For a sugar-free alternative, grow a flowering plant and wait for it to bloom.</p>