

Definition: The quality of waiting with calmness and self-control.

Literature:

1. Wait, Wait, Wait by Sweet Pickles
2. Leo the Late Bloomer by Robert Kraus
3. A Coat For Anna by Anita Lobel
4. Waiting For Wings by Lois Ehlert
5. Owl Moon by Jane Yolen
6. A Second is a Hiccup by Hazel Hutchins **NOTE: Before you can be patient and learn how to wait students need to understand time. This book is great for understanding increments of time.**

Scenario: "You are on a family trip and you have already asked too many times "Are we there yet?" What could you do instead of asking for the eleventh time?"

Ready, Set, Go!

Materials needed:

1. Enough ice cream or other treat available to each student in the class. The treat is not in sight but down with the staff in the cafeteria.
2. A phone to communicate with staff in cafeteria.

Procedure:

1. Have a treat set up so that it is being held with the cafeteria staff. Arrange ahead of time with the cafeteria staff to call you (name a specific time) when it is time to bring the class down for a treat.
2. You might want to do this next step when the class has returned from play time. As the students settle down into their seats explain to them that they are getting a special treat today. The cafeteria staff will call on the phone when it is ready. Tell the students the call should come soon so instead of starting any work, everyone can sit quietly and wait. **NOTE: The teacher should also wait with the class. It would be even more dramatic if the teacher turned and looked at the phone while waiting. It would also be dramatic for the teacher to look at the clock or a watch while waiting.**
3. Everyone will sit quietly and wait. Think about how long that might be for your class...10 minutes? 15 minutes?
4. Finally the call comes and the students are sent to the cafeteria to get their treat.
5. While enjoying the treat have a discussion with students about how waiting for the treat made them feel impatient.

Activity 1: Paper Mache Globe(s)

This activity provides an opportunity for students to learn how to wait for things that are important. It is an on going activity that contains several steps and will be completed over a period of time.

Materials needed:

1. Large beach ball or large balloon.
2. Lots of newspapers cut into strips no wider than 2 x 6 inches (enough to amply cover the beach ball).
3. Wall paper paste (Follow directions on package and add more water if it needs to be thinned out).
4. Long disposable aluminum foil pans for dipping newspaper into the paste.
5. Paint and paint brushes.
6. Globes, maps, internet resources that will identify oceans, continents and countries of the world.
7. Area to suspend the ball for drying once the ball is covered.
8. Treats to put inside the globe.

Procedure:

1. Mix wall paper paste with water and fill the aluminum pan $\frac{1}{2}$ full.
2. One by one drag the strips through the paste and lay individually on the beach ball. Follow procedure until the entire beach ball is covered, leaving a small opening at the top to put a small hook for hanging dry. Note: Complete drying may take several days. **Patience required!**
3. Paint the entire ball light blue to denote oceans. This will take time to dry. **Patience Required!**
4. Depending on the age group you teach, have the students research continents and countries and where they are to be placed on the globe. **Patience required!**
5. Have students paint continents and/or countries appropriately on the globe. **Patience required!**

Note: You may want to design this activity so that there are many small groups and each small group creates their own globe. Either way, one large globe per classroom or several small globes per classroom, the goal is that the children experience patience in waiting for their turn in the creation. Your organization will be the key to this success. PATIENCE REQUIRED!

Activity 2:

Materials needed:

1. The book, Wait, Wait, Wait by Sweet Pickles
2. The song, "Patience", from the recording, *Bebop Your Best*

3. Paper and pencil for students.
4. Large Chart paper for class discussion.

Procedure:

1. Read and discuss the book Wait, Wait, Wait by Sweet Pickles.
2. Individually or in a group students will brainstorm a list of events when they find it difficult to be patient. (Examples. Birthday, Football game, Holiday)
3. Play the song *Patience* and have the children listen to the strategies that Red uses in the song and discuss.
4. Next, as a group, brainstorm a list of times during the **school day** when they find it hard to be patient. (Examples. Lunch, someone's at the door, teacher has to take a phone call, playground)
5. Create strategies to help children to be patient during the classroom day. (read a book, Quietly talk to your neighbor, study spelling words, rest, or use any one of Red's strategies)
6. Keep this list available as a reference.

Extension 1:

Procedure:

1. Play, sing and teach the song, *Patience*. Kids will have fun with dramatizing breathing in and breathing out during the song. Once they know the song then have them work as a group to come up with a new reason to be patient to add to the song part where it starts with, "waiting at the movies:..."

Suggestions for additions to the song:

1. waiting for your event to start at a class field days
2. waiting for your turn in the lunch line
3. waiting for your turn at the computer
4. waiting for a parent to drive you to dance, football, soccer etc.

Extension 2: How long is time?

The purpose of this activity is to accurately access real time increments so that when students are asked to "wait" they will have a clear understanding of how long that wait period really is.

How long would it take you to:

1. type your name on the computer
2. read a small book (have one available)
3. walk (don't run) to the gym and back

4. put your chair up on your desk very quietly, get your mail from your box, pack it in your backpack and stand by your seat
5. walk to the cafeteria and back
6. take the attendance to the office
7. go to the nurse and back
8. wash your hands, dry them
9. do 20 jumping jacks
10. untie your sneakers and tie them back up again
11. Sing the ABC's of you (from Red's recording , Down the Do Re Mi) once through
12. make and eat a peanut butter sandwich
13. build a tower with the blocks, knock them down, put them all away again
14. locate some cities (teacher picks) on your state map
15. color a picture neatly

NOTE: It could be fun for the teacher to pick one or two of the suggestions above and have the students time the teacher!