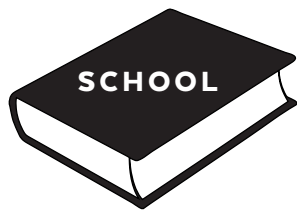


# PATIENCE POWER

Does it feel like people are always telling you to “Please be patient?” Sometimes waiting for things can be really hard! But instead of stressing out or getting frustrated, you can choose to be positive, quiet your mind with some deep breaths and just chill out and BE PATIENT. This skill can get you through some of the toughest challenges in life. Can you think of some ways that you can be more patient in your life?

**Directions:**

1. Notice how each picture below represents something in your life: school, family, friends and special treats.
2. For each picture, write one thing that is hard for you to wait for. It can be a big, special thing like an outing or an everyday thing like recess or waiting for someone in your family to do something for you.
3. Now think about what you can do to be patient when you’re waiting for each thing. Maybe there is something you can practice or learn beforehand, or maybe there is a way you can do something similar you can enjoy now that will help you have a good attitude while you’re waiting.



It's hard to wait for... \_\_\_\_\_

But I can be patient if I... \_\_\_\_\_



It's hard to wait for... \_\_\_\_\_

But I can be patient if I... \_\_\_\_\_



It's hard to wait for... \_\_\_\_\_

But I can be patient if I... \_\_\_\_\_



It's hard to wait for... \_\_\_\_\_

But I can be patient if I... \_\_\_\_\_