

# PATIENCE



Child's Age: \_\_\_\_\_

Date: \_\_\_\_\_

Each day you will journal about your ability to both apply and not apply PATIENCE. This will help you identify specific moments when you've learned how to have more PATIENCE as well as the moments when you need more work.

Complete the worksheet below within one week and post a picture of it for a chance to win cool prizes.

Day	How I applied PATIENCE	How I didn't apply PATIENCE
SUN		
MON		
TUE		
WED		
THU		
FRI		
SAT		