



PATIENCE

WEEK 2: CHARACTER DRILL ON PATIENCE

AGE-SPECIFIC CHARACTER DRILL FOR AGES 8 to 11

DRILL: STEP BACK!

“One important part of being patient is having the ability to not become frustrated or angry when things become difficult, especially when dealing with others. Last week we practiced having patience by ignoring bullies that say rude or silly things to us. This week we are going to practice patience by dealing with bullies that are even more aggressive.”

Items Needed: One square target for each student

Steps:

1. Explain that some bullies may say worse things or can be physically aggressive with others. A person without patience might say something even worse or become physically aggressive back toward the bully.
2. Have one student be the “victim” while you act as the aggressive bully.
3. You will say something aggressive, such as “give me your lunch money or I’m going to punch you in the nose!”
4. The student will hold their hands up with palms facing the bully while saying “step back.” the more aggressive the bully is, the louder the student should speak.
5. Continue until each student has a turn.
6. Praise each student for demonstrating patience, and explain putting their hands up and stating loudly to “step back” is a way to show everyone, including bystanders, that they don’t want to fight.