



# PATIENCE

## WEEK 2: CHARACTER DRILL ON PATIENCE

### AGE-SPECIFIC CHARACTER DRILL FOR AGES 3 & 4

#### **DRILL: ROLL THE DICE**

“When you practice patience, you become stronger with both your mind and body. Who wants to be the best kid possible? In this drill we are going to practice being patient and being strong.”

#### **Items Needed: Dice**

#### ***Steps:***

1. Select a technique that is easy for children of this age, such as a punch or front kick.
2. Pick the student that is sitting the best. They will roll the dice first. Have the student demonstrate the number of techniques that they roll.
3. Continue until each student has a turn.
4. Remind each student to have patience while they are waiting their turn.