



PATIENCE

WEEK 2: CHARACTER DRILL ON PATIENCE

AGE-SPECIFIC CHARACTER DRILL FOR AGES 12+

DRILL: PATIENCE CHALLENGE

“Who can tell me the meaning of patience as we discussed last week? (*ask one student to give their interpretation of patience*) Review that patience not only means waiting your turn, and being tolerant during difficult times, but that it also means having endurance and perseverance when accomplishing difficult tasks. In this drill, I am going to challenge you to sit very still without moving. This requires a lot of patience and focus.”

Steps:

1. Explain to your students how ancient martial arts masters used patience to build strength and discipline. They would do this by sitting quietly for extended periods of time. Ask your students if they are ready for the “Ancient Master’s Challenge.”
2. The students will sit with their legs crossed and their hands on their knees for one minute.
3. Make sure that the students do not fidget, slouch or look at each other.
4. You can make it more challenging by having them sit for an additional 2 to 4 minutes.
5. Upon completion of the challenge, praise the students for demonstrating patience.