



PATIENCE

WEEK 1: PATIENCE OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 8 to 11

OPENING DISCUSSION:

“What does the word patience mean? (*ask one student to define patience*) The answer is: patience means being strong enough to wait, it also means not losing your temper. When you don’t have patience, you get angry and mad easily, which means that you can get into more trouble. When you have patience, you are strong enough to control your temper and can wait without getting mad. Having patience is a great characteristic to help keep the peace with those around you.”

“Let’s try a quick game to help you practice being patient with bullies.”

Steps:

1. Explain to your students that bullies are only successful with people that are impatient. If you have patience, then the bully will not win. If you are impatient, and lose your temper, then the bully wins.
2. Teach the students how to have patience with bullies by giving them a great response to bullies for comments. For example, tell them to pretend there is a “window” between you and a bully and you can only see the bully, but you can’t hear him/her.
3. Pick one student to stand up. Call the student a very silly name, or say something silly about their hair. The student will demonstrate patience by saying “window” and holding their hand by their ear each time the bully tries to make an insulting comment.
4. Continue until each student has a turn.

Finishing the mat chat:

“I want everyone to practice patience this week. For example: if someone tries to test your patience by calling you a name or making a rude face, remember what we practiced. By demonstrating patience when others try to annoy you, you are showing them that you are strong. This includes your siblings!”