



## **Patience: Getting Started**

### ***Inspiring Words***

Every day at first light, ye gather the Bahá'í children together and teach them the communes and prayers. This is a most praiseworthy act, and bringeth joy to the children's hearts: that they should, at every morn, turn their faces toward the Kingdom and make mention of the Lord and praise His Name, and in the sweetest of voices, chant and recite.

(Abdu'l-Baha, Selections from the Writings of Abdu'l-Baha, p. 139)

### ***Printables***

Page 1: Spiritual Treasure Box Projects  
Page 2: Devotional  
Page 3: Booklet  
Page 4: Radiant Hearts Book Template  
Page 5: Monthly Letter Template

*See the "Printable" document for these pages.*

### ***Questions to Consider***

How do I currently model Patience?

What are ways I would like to model Patience better?

How does my child currently exhibit Patience?

What aspects of showing Patience can I help my child work on?



## Patience: Foundation

### **Prayer**

Say: God sufficeth all things above all things, and nothing in the heavens or in the earth but God sufficeth. Verily, He is in Himself the Knower, the Sustainer, the Omnipotent.

(The Bab, Baha'i Prayers, p. 27)

Patience

### **Quotation**

Be patient under all conditions, and place your whole trust and confidence in God.

(Baha'u'llah, Gleanings from the Writings of Baha'u'llah, p. 296)

Patience

### ***Introduction to the Virtue***

Patience is waiting without complaining. It is hoping and trusting that things will work out in the end. When we are patient, we know that sometimes things take time. Patience is a virtue that helps us wait calmly and peacefully.

When someone says, "Be patient," what does it mean?

Can you think of a time you really wanted something and it was hard to wait?

Can you think of a time when you waited patiently for your turn with a toy or to get something? How did you feel?

Patience

### **Songs**

#### **Patience**

***(Virtues In Us #27)***

I am waiting patiently for my turn.

I am waiting patiently for my turn.

I am waiting patiently,

I am waiting patiently,

I am waiting patiently for my turn.

Patience

#### **Please Be Patient**

(tune to "Farajaka")

Please be patient, please be patient.

Wait your turn, wait your turn.

Take a deep breath, take a deep breath.

You can wait. You can wait.

Patience

## Patience: Daily Activities

### *Activities for Every Month*

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

### *Games and Role Plays*

<p>7. “Today we’re going to practice being patient while mommy is using the phone.” Get an object you can pretend is a phone. Tell your child that while you are on the phone, they need to be quiet and wait patiently for you to finish talking. If your child is very small, you may like to count down on your fingers at first, to help them be patient for a short period, and then increase the time in increments. Let them have a turn talking on the phone while you are patient. <span style="float: right;">Patience</span></p>
<p>8. “Today we’re going to go on a treasure hunt for Patience.” Write “Patience” in large letters and cut each letter out. Tape the letters to objects you have 8 of (like blocks or spoons), hide the letters, and have your child search. Once your child has found all the letters, lay them out to spell “Patience” and show them how their patience rewarded them with the treasure. <span style="float: right;">Patience</span></p>
<p>9. “Today we’re going to pretend we are waiting patiently at a restaurant for our food to come.” Role play being at a restaurant – sit down at the table, have your child order from the menu (give them a few items to choose from) and explain how the order is taken to the chef who prepares the food. Ask them to wait patiently and show them some things they can while waiting (ie color, make up a story). After this exercise, you may like to go out to eat at a real restaurant (or just order drinks at a café) to reinforce what they have practiced. <span style="float: right;">Patience</span></p>
<p>10. “Today we’re going to practice being patient for a big event.” Look at your calendar and choose something your child can look forward to a few days away. Show them the calendar and tell them how many days they have to wait. Each day you may like to say that you are all waiting patiently for the day to come. When the day comes, explain how being patient made the wait easier. <span style="float: right;">Patience</span></p>
<p>11. “Today we’re going to practice doing something that requires patience.” Choose an activity your child usually has frustration waiting for, such finishing a puzzle or waiting for you to be done with a job. Give your child words to express frustration appropriately, such as “It’s hard for me to wait,” and explain how fussing does not help. Show them something they can do to help, such as singing. <span style="float: right;">Patience</span></p>
<p>12. “Today we’re going to practice patience pretending we’re going on a long trip.” Get a small bag of toys to play with in the “car” or sing songs, and practice sitting still on a couch for five or ten minutes (or go on a real drive) waiting patiently. <span style="float: right;">Patience</span></p>

## Patience: Daily Activities (continued)

### *Creative Arts*

13. "Today we're going to paint a 'P' for patience." Paint a "P" with a smiley face inside and talk about how the "P" is waiting patiently while drying. <span style="float: right;">Patience</span>
14. "Today we're going to make a big Patient Person." Go outside and have your child lie down on the pavement. Trace around them with chalk while they patiently lie still. Make a smiley face on the person and talk with your child about how he/she is patient. (If you don't have pavement or chalk, you may wish to draw your child on paper taped together.) <span style="float: right;">Patience</span>
15. "Today we're going to draw a sunrise and think about how we can see beautiful things if we are willing to wait patiently for them." Paint or draw (or, if possible, watch!) a sunrise or sunset and talk about how it takes a long time for the sun to go up and go down every day, but that by waiting patiently you can see something really beautiful. Relate this to waiting for other things like learning new skills, being able to do things an older sibling can do, or growing up to be an adult. <span style="float: right;">Patience</span>
16. "Today we're going to make a meal and time ourselves so we can know how patient we need to be next time a meal is being prepared." Children have a hard time of conceptualizing time. Help your child understand what "five minutes" means by making a simple lunch together (sandwich and fruit) and show them how long it's taking on the clock. Explain how when you say that lunch will be ready in five minutes, this is how long it will take. <span style="float: right;">Patience</span>
17. "Today we're going to learn a fingerplay to help us get ready to be patient." Words: I can wiggle my fingers / I can wiggle my toes / I can wiggle my shoulders / I can wiggle my nose / Now that all the wiggles are out of me / I can sit still and listen patiently. Visit the Online Lesson to see a video of this fingerplay. <span style="float: right;">Patience</span>
18. "Today we're going to play draw a picture while being patient partners." Take out one coloring utensil to share or use several markers, sharing the colors as everyone draws. Sing one of the songs from page 2 during this activity. <span style="float: right;">Patience</span>
19. "Today we're going to have a Patience Party." Prepare a small party with your child. You may like to blow up some balloons, bake something, and play some fun music. After you are done, praise your child's effort for being patient while the party was being prepared. Then celebrate your family practicing patience all month! <span style="float: right;">Patience</span>

*Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:*

<http://www.enablemetogrow.com/patience/>