

Name \_\_\_\_\_



## Patience Power

**Directions:** Fill in each blank to complete your personal "Patience Plan." Use your own ideas about what helps you stay calm, focused, and in control when things take longer than expected.

### My Patience Plan

1. When I start to feel upset, I can \_\_\_\_\_.
2. One way I can remind myself to stay calm is \_\_\_\_\_.
3. If something takes longer than I want, I can \_\_\_\_\_.
4. When someone makes me wait, I can \_\_\_\_\_.
5. Instead of complaining, I can \_\_\_\_\_.
6. A phrase I can tell myself to stay patient is \_\_\_\_\_.
7. If I need a short break, I can \_\_\_\_\_.
8. Something that helps me relax is \_\_\_\_\_.
9. I show patience at school when I \_\_\_\_\_.
10. Being patient makes me feel \_\_\_\_\_.