

Patience Power Answer Key

Sample Responses

1. take deep breaths or count to ten
2. think of something positive or smile
3. use the time to plan my next step
4. distract myself by reading or talking kindly
5. focus on what I can control
6. "It's okay to wait" or "Good things take time"
7. stretch, get water, or close my eyes for a moment
8. listening to music, doodling, or taking a walk
9. wait quietly for help or share materials
10. calm, proud, and more in control

Teacher's Guide

- **Purpose:** Encourage self-awareness and proactive thinking about how to handle waiting or frustration.
- **Differentiation Tips:**
 - Offer a word bank with calming strategies (breathe, think, wait, stretch, relax).
 - Allow oral responses or drawing for students who struggle with writing.
- **Engagement Ideas:**
 - Create a group "Patience Toolkit" where students contribute one idea each.
 - Pair students to share and discuss their patience strategies.
- **Extension Activities:**
 - Have students write a short journal entry about when they used their plan successfully.
 - Encourage students to design a poster showing steps for staying patient in real-life situations.