

## Patience Plan Builder Answer Key

### Sample Responses

1. Situation: Waiting for my friend to reply to an important message.
2. Feelings: I felt nervous and annoyed.
3. Thoughts: I thought they were ignoring me.
4. Reaction: I sent several follow-up texts right away.
5. Goal: Wait calmly and distract myself instead of checking my phone.
6. Plan:
  - Step 1: Take three deep breaths.
  - Step 2: Focus on another task or hobby.
  - Step 3: Check back later without overthinking.
7. Reflection: It will help me stay calm and keep positive relationships.

### Teacher's Guide

- **Purpose:** Encourage self-reflection and build emotional strategies for managing impatience in real-life situations.
- **Differentiation Tips:**
  - Provide sentence starters for struggling writers (e.g., "When I get impatient, I usually...").
  - Allow students to verbalize their responses before writing.
- **Engagement Ideas:**
  - Facilitate small-group sharing sessions where students discuss their "patience challenges."
  - Have students create posters illustrating their personal patience plans.
- **Extension Activities:**
  - Assign a "Patience Log" for a week where students track moments they practiced waiting calmly.
  - Encourage students to reflect after one week and update their plan with what worked best.