

Name _____



Patience Practice

Directions: Finish each sentence to show how you can stay calm, wait your turn, or deal with feeling impatient. Write complete sentences.

1. When I feel impatient, I can _____.
2. If I have to wait for something, I will _____.
3. One thing that helps me calm down is _____.
4. When I start to feel frustrated, I can _____.
5. I can remind myself that waiting is _____.
6. A good way to pass time while waiting is
_____.
7. I can stay patient by thinking about _____.
8. When I wait nicely, I feel _____.