

Name _____

Patience Practice Answer Key

Sample responses:

1. take deep breaths or count to ten
2. read a book or talk quietly to a friend
3. listening to music or thinking happy thoughts
4. walking away for a minute or asking for help
5. part of life and helps me learn self-control
6. drawing, humming, or daydreaming
7. something positive or a reward after waiting
8. proud, calm, and in control

Teacher's Guide

- **Purpose:** Encourage students to identify personal strategies for handling impatience and staying calm.
- **Differentiation Tips:**
 - Provide a word bank with calming strategies (breathe, count, walk, listen, think).
 - Allow students to draw their answers if writing is difficult.
- **Engagement Ideas:**
 - Have students share one sentence aloud and discuss different ways of showing patience.
 - Use role-play situations (e.g., waiting in line, sharing materials) to connect writing to real behavior.
- **Extension Activities:**
 - Create a "Patience Pledge" wall with student-written strategies.
 - Encourage students to write a short story where a character practices patience successfully.