



Social Emotional Virtual Learning

ECSE/Program

Learning to be patient

May 2020



ECSE/Program Social Emotional Learning

Learning Target:

Students will learn how to be patient.

First, watch this [video](#).

Remember:
To be patient means to wait in a
calm way.



Can you think about when you need to wait?

When I want to go outside NOW, but mom says “later”.



When my sister is playing with a toy that I want, and she says “no” when I ask for it.



When I am at the grocery store, and I have to wait in line.



When I ask my dad to play with me, but he is busy.



What can I do when I need to wait?

I can take a deep breath and say "It's ok. I can wait".



I can find something else to do or play.



I can set a timer and wait for all the sand to go down.



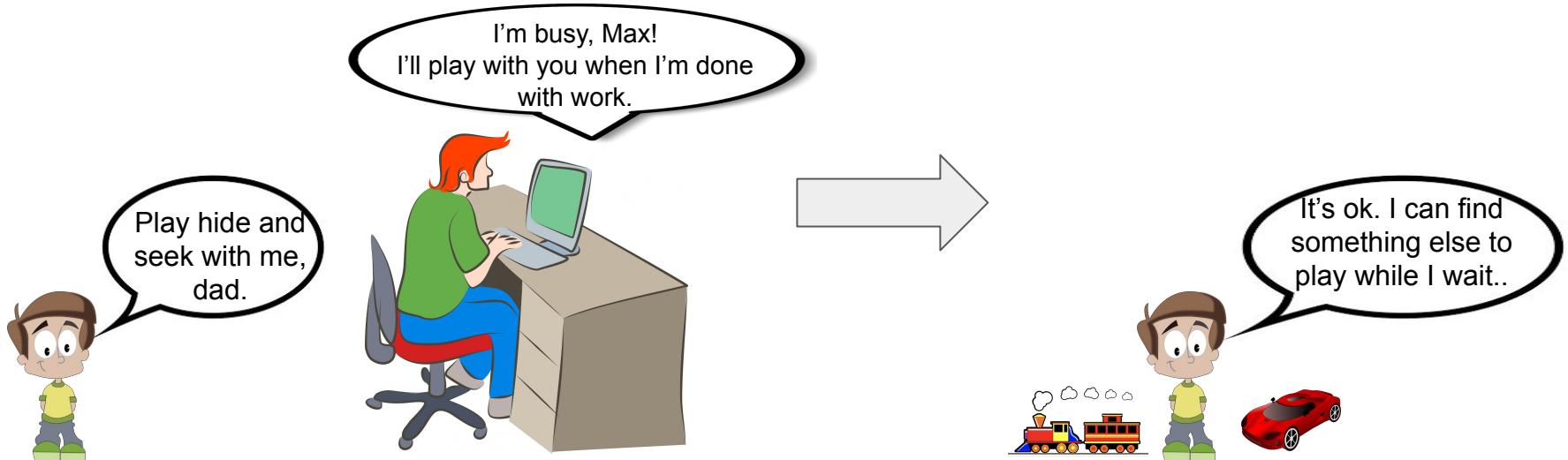
I can play simple games, like I Spy, with a grown-up while I wait.



Your turn:

With a grown-up, act out a situation when you have to wait, and practice using one of these strategies with an adult.

Here's an example:



Self-Check:

The next time when you need to wait, try one of the strategies that you learned today!

