

CHOOSE TO BE NICE AT HOME

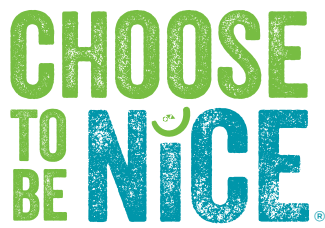
THIRD GRADE ACTIVITY BOOK

PATIENCE



THIS ACTIVITY BOOK BELONGS TO:

A large, empty rectangular box with a dotted border, intended for the student to write their name.



Dear Parent/Guardian,

We're learning about **patience** this month as part of our school's "Choose To Be Nice" program. Essential to adopting any new behaviors is to make sure the learning reaches home.

Inside this packet you will find:

- An **activity** to help reinforce patience at home.
- A **discussion question** to prompt a conversation about patience.
- A **coloring page** featuring Patient Pria.
- A **poster** of Patient Pria to hang up at home.

Please do the activity together, have a discussion about patience, and use this activity book as an opportunity to engage with your child about ways that you can show patience at home.

Thank you for being a Choose To Be Nice Family! Please feel free to reach out to me at any time with questions, feedback or concerns.

Sincerely,

PATIENCE

be calm and understand that some things take time and endurance.

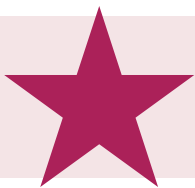


ACTIVITY:

Set aside one minute each day this week to practice patience with your child. Listen to calming music, turn off the lights, and breathe in and out deeply. After one minute, open your eyes and reflect on how you feel.

DISCUSSION QUESTION:

What makes you feel calm?



For more activities and ideas visit the Choose To Be Nice Family Resources Page at choosetobenice.com/home-community-resources.

PATIENCE

**I'm Patient Pria,
and I remember that by
having patience I can
accomplish anything.**



PATIENCE



PATIENT PRIA

remembers that by having patience she can accomplish anything.