

CHOOSE TO BE NICE AT HOME

KINDERGARTEN ACTIVITY BOOK

PATIENCE



THIS ACTIVITY BOOK BELONGS TO:

A rectangular box with a dashed red border, intended for a child 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.
- The **patience chant** that we say together at school.
- A **discussion question** to prompt a conversation about patience.
- A **coloring page** featuring Pria the Patient Mouse.
- A **poster** of Pria the Patient Mouse to hang up at home.

Please do the activity together, sing the chant often, 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:

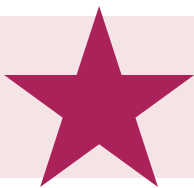
At school we use the Count to Ten worksheet to help students stay patient during a frustrating situation. Have your child quietly and calmly color in each circle as they count to 10.

PATIENCE CHANT:

Waiting isn't easy, but it will all be fine.
Pria is patient because she knows good things take time.

DISCUSSION QUESTION:

What does it mean to be patient?

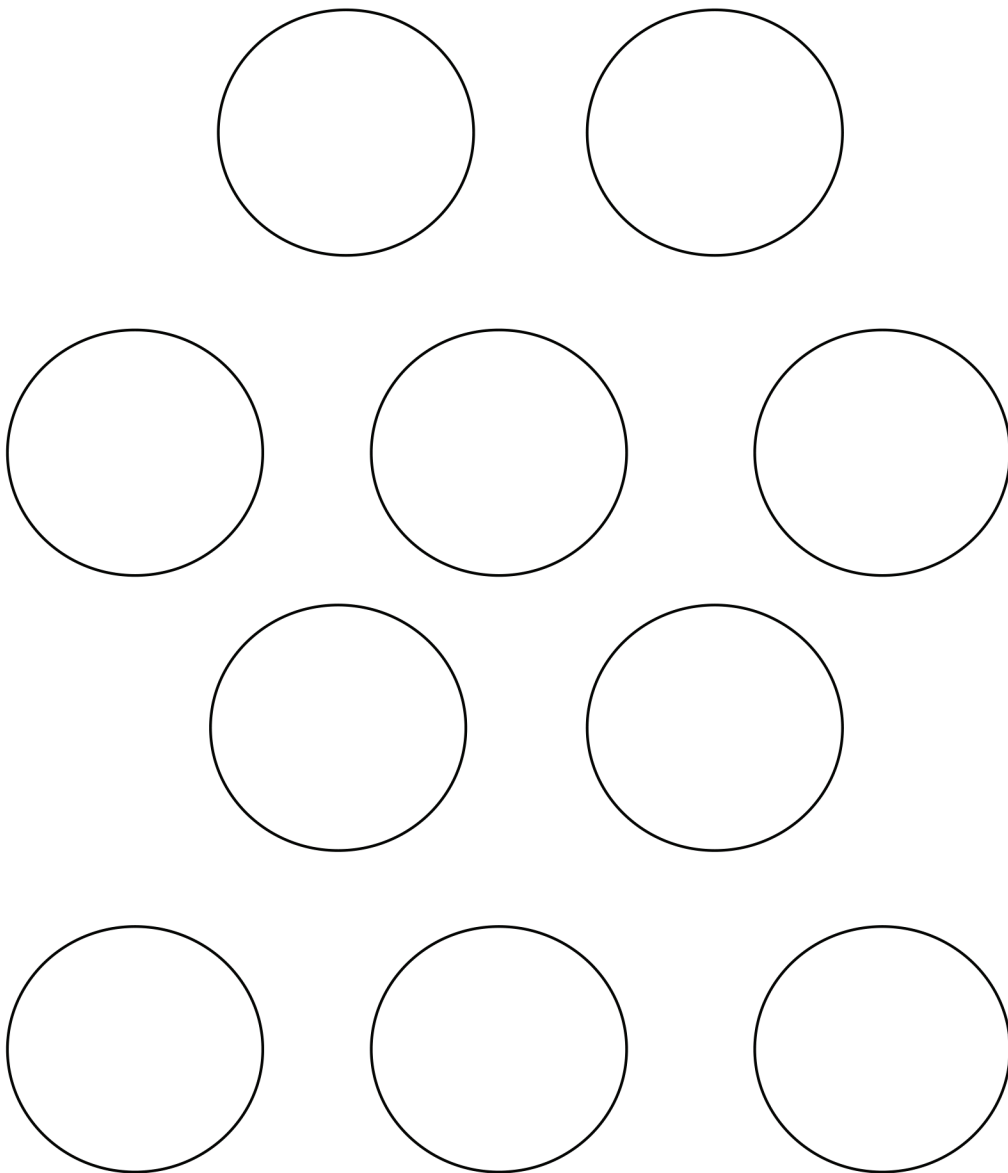


For more activities and ideas visit the Choose To Be Nice Family Resources Page at choosetobenice.com/home-community-resources.

COUNT TO TEN

Step 1: Take a deep breath.

Step 2: Calmly count to ten and color in each circle as you go.



PATIENCE



PATIENCE



PATIENT PRIA

remembers that by having patience she can accomplish anything.