

CHOOSE TO BE NICE[®]

LEARNING ACTIVITY GUIDE - GRADE K

PATIENCE



PRIA THE PATIENT MOUSE
remembers that by having patience she can accomplish anything.



WHAT'S INSIDE?

- Student-centered activities designed to promote lifelong social and emotional intelligence
- Book recommendations + literacy activities
- Home connections + tips for parents

**CHOOSE
TO BE NICE[®]**



Welcome to the Kindergarten Patience Learning Activities!

This month, your school community will be emphasizing the importance of patience. Use this Learning Activity Guide to help students understand and embrace patience through an engaging video or audio recording, a children’s book, a lesson, discussion questions, extension ideas, bonus materials, and at-home engagement. These fun and student-centered activities are cross-curricular and include opportunities for children to collaborate and work independently, exercise their literacy skills and creativity, and develop social and emotional awareness.

The Choose To Be Nice® school program is a comprehensive and engaging SEL (social and emotional learning) program that focuses on the nine important values of respect, kindness, acceptance, teamwork, honesty, responsibility, friendship, patience, and courage. Schools focus on one value per month, and all program components are designed to foster empathy, kindness, and lifelong values that will help children become resilient and compassionate individuals. All learning activities are aligned with the five core social-emotional learning competencies identified by CASEL (Collaborative for Academic, Social, and Emotional Learning), the nation’s leading organization advancing the development of academic, social, and emotional competence for all students. As students go through the Choose To Be Nice program and learn and practice the Choose To Be Nice values, they are building their skills in the five competencies: self-management, self-awareness, responsible decision making, relationship skills, and social awareness.



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GETTING STARTED

OUR VALUES

Choose To Be Nice promotes its mission with these nine important values:

RESPECT - be polite and show consideration for others and their differences

KINDNESS - be nice and friendly to people wherever you go

ACCEPTANCE - appreciate and recognize people for who they are

TEAMWORK - collaborate and work together with others

HONESTY - be truthful and fair

RESPONSIBILITY - be accountable for your own actions

FRIENDSHIP - be a friendly companion other people want to be around

PATIENCE - be calm and understand that some things take time and endurance

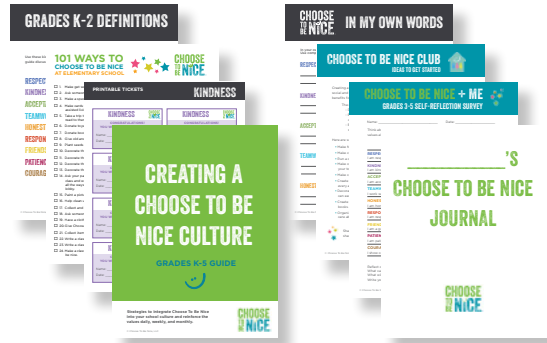
COURAGE - be brave and dare to be nice even when it's hard

GETTING STARTED

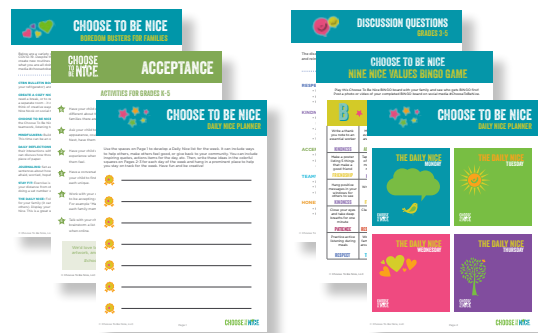
ONLINE RESOURCES

Resources for educators and families are available to download on our website.

Educator Resources Page: The entire Choose To Be Nice curriculum, along with supporting documents, additional student worksheets, at home activity guides, bonus materials, and this guide, are all available on our website on the Educator Resources Page. To access materials visit: www.choosetobenice.com/educator-resources. Use password: **CTBNschool24-25**.



Family Resources Page: Please be sure to direct your families to our online **Family Resources Page**, where we have additional engaging and fun at home activities for families, as well as tips and other resources. Families can access the activities at: www.choosetobenice.com/home-community-resources/.



GETTING STARTED

SUGGESTED SCHEDULE

Here is a suggested schedule to follow for Kindergarten Patience Month:

Prior To Week One:

- Send home the Choose To Be Nice At Home Activity Book (Kindergarten Patience) available on the Educator Resources Page
- Have books from the suggested book list readily available for your students

Week One:

- Play Priya's video found on the Educator Resources Page
- Practice the Patience Chant
- Patience Learning Activity: Count to Ten

Week Two:

- Have Group Discussions about patience

Week Three:

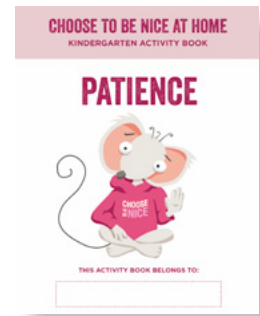
- Have students reflect on and write about patience during journal time. Journal covers and pages are available to download from the Educator Resources Page

Week Four:

- Patience Extension Activity

CHOOSE TO BE NICE AT HOME ACTIVITY BOOK

Essential to adopting any new behaviors is making sure the learning reaches home. **Choose To Be Nice At Home Activity Books** help to reinforce the Choose To Be Nice values and encourage positive dialogue at home. Each Guide includes a note to parents/guardians, a fun activity, a chant for younger students, discussion questions, a coloring page and a poster. Be sure to send this guide home prior to starting this month's learning activities.



PRIA THE PATIENT MOUSE VIDEO

In this short video, **Pria the Patient Mouse** introduces younger students to the concept of patience through everyday examples and builds excitement for additional learning and exploration. The video includes a chant to help kids remember to be patient and offers a foundation for classroom discussions and activities on patience. Be sure to play this video prior to starting this month's learning activities.



PRIA THE PATIENT MOUSE CHANT

Each Choose To Be Nice value has a chant to help younger students in PreK-2 remember key concepts. Here is Pria The Patient Mouse's chant:

Waiting isn't easy, but it will all be fine.

Pria is patient because she knows good things take time.

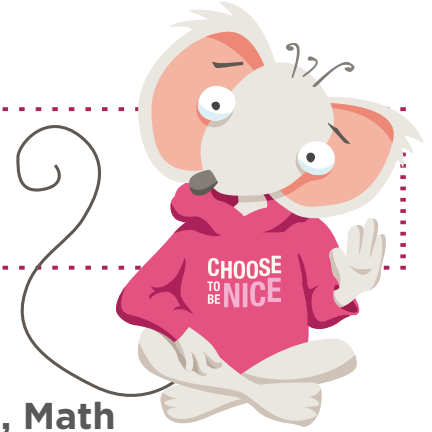
All At Home Activity Guides, videos, and chants are available on our website on the [Educator Resources Page](#). Password is CTBNschool24-25.

PRIA THE PATIENT MOUSE

remembers that by having patience she can accomplish anything.

BOOK SUGGESTION:

Leo The Late Bloomer, By Robert Kraus

**LEARNING ACTIVITY:** Count to Ten**SUBJECT CONNECTIONS:** English Language Arts, Math**MATERIALS NEEDED:**

- Count to Ten worksheet

INSTRUCTIONS: Introduce students to Pria the Patient Mouse by playing Prias's video. Invite children to share what they think the word **patience** means.

Next, read **Leo The Late Bloomer** together.

After reading, begin a class discussion about how it's important to work really hard to accomplish something. Observe that for Leo it took a little longer than his friends to learn to do certain things.

Ask students to think about a time when they had to try and try and work really hard to do something. Invite them to share how they felt when this happened. Have them close their eyes and quietly and calmly count to 10.

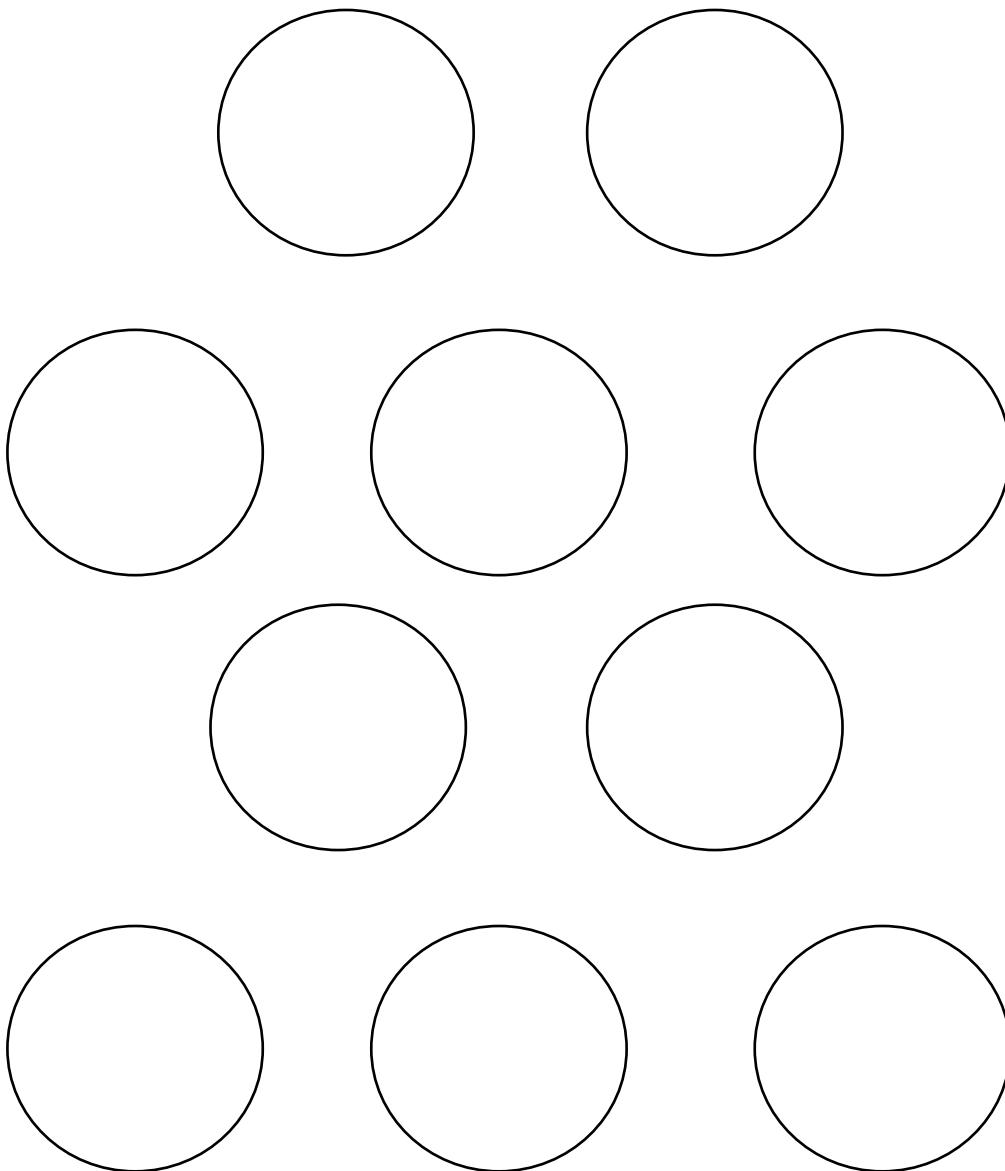
Next, distribute copies of the Count to Ten handout. And ask students to quietly and calmly color in each circle as they count to 10.

Remind them that if they are patient and keep trying they can do just about anything. Counting to 10 can be a tool the children can use when they need to be patient in a situation.

Use with KINDERGARTEN **PATIENCE** activity: Count to Ten

Step 1: Take a deep breath.

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



DISCUSSION QUESTIONS (K-2)

Use these questions to engage students in thoughtful discussions about patience.

- When is it difficult to be patient? Why?
- How can you show patience at home, at school, at the playground, etc.?
- Have you ever been on a long car ride that made you test your patience? What happened? Did you show patience, or did you complain?
- What does it mean to be patient?
- Share a time when you had to be patient. How did you handle it?

SOCIAL STORIES (K-2)

Social Stories are fun and engaging short stories that show a Choose To Be Nice value in action. Read the story out loud and use the questions to prompt meaningful discussion.

Story #1: Ms. Hill is a very engaging teacher. She always asks students many questions to help them learn, and she has students lead the discussions and learning as much as possible. The students love going to her math class because they learn a lot and are so engaged that time passes quickly. One day, Ms. Hill was teaching the students about regrouping in addition problems. She showed the class how to group, then had the students do another few problems with her. Next, she gave the students a problem to try on their own. When they were done, Ms. Hill asked them to put their pencils down and look up so that she knew they were ready to check their work. Drew finished his problem quickly. He loved math, and it was easy for him. He put his pencil down and looked up. He was the only one done. In the next few seconds, many other students finished. There were still a few people who were not done, though. Drew looked around. He was frustrated. It wasn't that hard. Why wasn't everyone done? Ms. Hill circulated the room to see how the students were doing and to assist those that were still working. Drew raised his hand. When Ms. Hill called on him, he said, "Can I talk about it with my partner now?" Ms. Hill told him he needed to wait another minute while she helped a few students. Drew sighed and said, "It isn't even hard." Ms. Hill gave him a look, and he put his head down.

- *Did Drew show patience? Why or why not?*
- *How does Drew feel about waiting for others to finish?*
- *Why is it important to be patient at school?*
- *Why is it sometimes hard to be patient?*
- *How do you think Drew made other students feel?*

Story #2: Jesse’s class was learning about the life cycle of plants in science. As part of the unit, they planted lima beans to grow bean plants. Each student had a partner, and each partner group planted a bean in a cup of soil. The partners had to watch their plant and make sure it had enough water and light. After a week, everyone else’s plants started to sprout, but Jesse and his partner’s did not. His partner, Stella, was frustrated and kept saying that it was not going to grow. Jesse told her that maybe it just needed some more time. Stella did not believe him. She was ready to throw the cup away and give up. Two days later, Jesse was watering the soil and saw a tiny green speck sticking up. He called Stella over and said, “Look! It’s growing!” Stella was so excited! She did not think it was going to happen, but it did!

- *Who showed patience in this story?*
- *What would have happened if Jesse gave up like Stella?*
- *Why is it difficult to show patience sometimes?*
- *When have you had to show patience? Did you do it?*

EXTENSION IDEAS

Use these Extension Ideas to extend and reinforce the learning anytime throughout the month and year.

- Make time for independent, or quieter, small group activities that require patience and calm to let children practice self-regulation. For example, coloring, quietly building a tower with sticks and marshmallows (which will also build motor skills), or puzzles.
- Ask children to think of other situations where they may have rushed through something or wanted something to go faster. Have the children brainstorm other ways they can help themselves or each other be more patient. For example, visualize a red light, a yellow light, and then a green light before acting.
- Have students write in their CTBN Journal about patience using the sentence starter, “Patience is important because...”

ADDITIONAL BOOKS LIST - PATIENCE (K-2)

Use these additional books to reinforce the concept of patience.

If You Want To See A Whale, By Julie Fogliano

If You Hold A Seed, By Elly MacKay

Ricky, the Rock That Couldn't Roll, By Jay Miletsky

My Mouth is a Volcano, By Julia Cook

The Most Magnificent Thing, By Ashley Spires

BONUS MATERIALS

Award Certificates: Choose To Be Nice Award Certificates are a great way to promote a positive school culture and reinforce the Choose To Be Nice value of the month. Use the Patience Award Certificate to recognize those students for consistently being patient and showing patience with others.



Reward Tickets: Keep a stack of Patience Tickets handy. When you observe a student showing patience through actions, words, or interactions, award them a ticket. Empowering students to award these tickets to their peers is a great way to encourage them to recognize and value patient behavior in different situations. Consider setting up a system where tickets can be exchanged for small rewards or privileges.



Coloring Page: Students can use coloring pages during quiet time. Display completed pages around the classroom to celebrate students' understanding and commitment to patience.



Poster: Hang the poster in your classroom as a visual reminder of the importance of patience. Use the poster to spark meaningful discussions about patience.



**CHOOSE
TO BE NICE[®]**



PATIENCE AWARD

This award is being presented to

*for being calm and understanding that
some things take time and endurance.*

Keep up the good work!!



PATIENCE



CONGRATULATIONS! YOU WERE
CAUGHT BEING PATIENT

Name: _____

Date: _____



PATIENCE



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PATIENT PRIA

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