

CHOOSE TO BE NICE[®]

LEARNING ACTIVITY GUIDE - THIRD GRADE

PATIENCE



PATIENT PRIA

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
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Welcome to the Third Grade 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

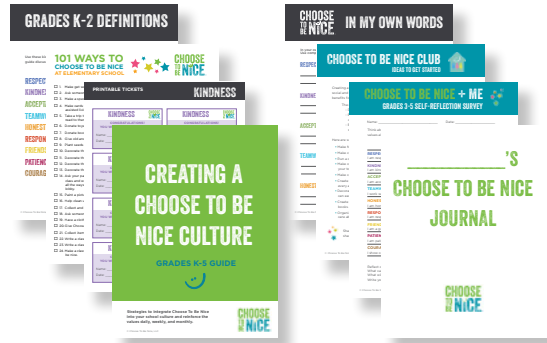
COURAGE - be brave and dare to be nice even when it's hard

GETTING STARTED

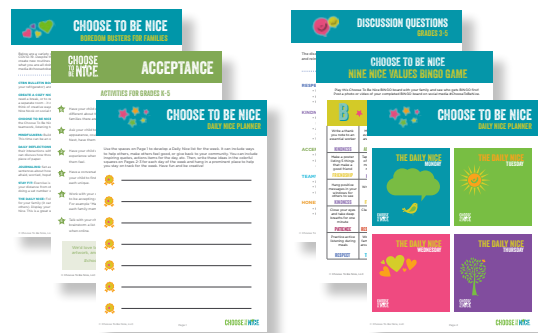
ONLINE RESOURCES

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 Third Grade Patience Month:

Prior To Week One:

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

Week One:

- Play Pria's audio recording found on the Educator Resources Page
- Patience Learning Activity: Zen Moments

Week Two:

- Have Group Discussions about patience

Week Three:

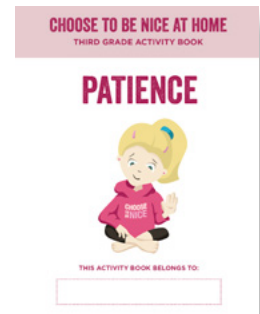
- Have students reflect on and write about patience during journal time. Journal covers and pages are available to download from the Educator Resources Page

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, discussion questions, a coloring page and a poster. Be sure to send this guide home prior to starting this month's learning activities.



PATIENT PRIA AUDIO

In this short audio recording, **Patient Pria** talks about patience and builds excitement for additional learning and exploration. Be sure to play this audio prior to starting this month's learning activities.



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

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BOOK SUGGESTION: *Zen Socks*, By Jon J. Muth

LEARNING ACTIVITY: Zen Moments

SUBJECT CONNECTIONS: English Language Arts

MATERIALS NEEDED:

- Calming music
- CTBN Journal



INSTRUCTIONS: Have students share examples of times when they had to be **patient**.

Ask: *Was it easy to be patient? Was it hard?*

Read the book **Zen Socks**. (**Teacher's note:** *Zen Socks* features two stories, one about Molly and one about Leo. Read only the first story about Molly). Ask students to share how Stillwater the panda helped Molly learn to be patient.

Ask students what they think “zen” means. Explain that it is a word to describe being still, calm and patient. Have students reflect on ways that Stillwater was “zen” in the book. Share with students that they are going to practice being “zen” like Stillwater.

Invite students to close their eyes for one minute and breathe in and out deeply. For added effect, turn the classroom lights off and play calming music. After one minute have students open their eyes and reflect on how being “zen” made them feel. Have students write a CTBN Journal entry about the experience.

Invite students to share their journal entries. Emphasize the importance of being patient, especially when we are in a hurry to learn something new.

DISCUSSION QUESTIONS (3-5)

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

- What happens if you are not patient when patience is required?
- What can you do to be more patient?
- Why is patience important, and in what situations is it most needed?
- How can practicing patience improve our learning?
- Discuss strategies to develop patience in difficult or frustrating situations.

EXTENSION IDEAS

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

- Have a “zen moment” each morning to reinforce patience before the start of the school day. Select a different student to lead the exercise each day.
- Have students lead “zen moments” for the entire school during morning announcements or at lunch.

ADDITIONAL BOOKS LIST - PATIENCE (3-5)

Use these additional books to reinforce the concept of patience.

What Do You Do With a Problem?, By Kobi Yamada

I Can't Do That, YET: Growth Mindset, By Esther Pia Cordova

Waiting, By Kevin Henkes

Owl Moon, By Jane Yolen

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

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Date: _____



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