







## ACTIVITIES FOR GRADES K-5

-  Practice counting to 10 to help your child stay patient during a frustrating situation. Remind them that if they are patient and keep trying they can do just about anything.
-  Share with your child a time when you needed to be patient and how being patient was helpful. Discuss what might have happened if you weren't patient. Let your child ask questions and share their own story.
-  Invite your child to choose a tricky game to play at home with a sibling or family member. Ask them to practice patience while playing the game. When the game is done, have your child share how it went. Remind them that by choosing to be patient during a game, they are also Choosing To Be Nice.
-  Together with your child, create a “zen moment” for five minutes. Find calm music online, dim the lights, and invite your child to draw or free-write. After five minutes, discuss how being “zen” made you each feel.
-  Have your child create keychains to give to family members to promote patience. First, brainstorm different slogans and messages about patience. Then, decorate small pieces of cardstock with the slogans. Finally, “laminare” the cardstock using packing tape and punch a hole in the top to turn it into a keychain.
-  Have your child think of a goal they would like to accomplish in the next month. For example: make a new friend, get better grades, try a new sport, etc. Next, ask them to brainstorm strategies for what they can do if they feel like giving up. Remind them of the importance of staying patient in pursuit of a goal.

We'd love to see your creations. Please share your stories, artwork, and photos with us on social media

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