9 Habit Activities January: Patient

- Learning patience is a key skill, which will help you at school and at home. To start with, try building a tower using a pack of cards. This will build upon your patience, as it may fall, but by taking your time and having steady hands, you can do it!

- Another game to practice patience is Jenga – this is a fun way to see how patient you can be. Carefully take turns pulling out a block from the tower, make sure that it doesn't topple over!

- Have a go at baking a simple cake with an adult. This is a great way to learn patience as you have to wait for it to bake and cool down before you can decorate it and then eat it!

- Learning a language links into the patience habit as you have to take your time building up your skillset and should practice everyday to retain the new words you have learnt.