

## Our 9 Habits at Home KS1&2

### All about the habit of being patient.

#### 1. Think & write

An acrostic poem is a very fun way of writing a poem. Every acrostic poem has a topic idea running down the left side of the poem. Each letter in the topic word has a new thought that runs off the side from left to right and is relevant to the topic word. The topic word is typically the title as well.

You are going to create an acrostic poem for the habit of being 'Patient'. Begin by writing down the letters of the word and then use the letters to explain what the word 'patient' means.

P  
A  
T  
I  
E  
N  
T

#### 2. Think & Draw

For a moment, think about all the things that you have to wait for. One example is your birthday, or Christmas. What other things are there? When you have thought of your ideas, create a picture which includes them all. Make sure you write the title 'Things we wait for' on your picture.

#### 3. Listen

Spend five minutes outside or perhaps with the window open if it's difficult for you to be outside. Listen, and make a list of all the sounds you can hear. You may be able to hear a car go by, a dog bark, birds singing or music playing. You may hear people's voices. You will need to be patient and listen really hard.

#### Learn

Being patient can be hard for us because we like to hurry. But when we hurry, we miss out on noticing lots of incredible things. So learning to listen is a really good way to practice being patient.

#### 4. Create

For this activity you will need a coat hanger, some string, some scissors as well as some paper and glue.

Think of four things that help you to be calm and patient – e.g. clouds, sunshine, rainbows, trees, water, music. Draw pictures of these things. Your pictures need to be double sided. Make sure you colour your pictures in and make them bright and cheerful. Cut your pictures out. Then attach string to your pictures and tie the other end to the coat hanger to create your patient mobile.

#### 5. Action

Ask the person who looks after you to light a candle so that you can both sit quietly and look at it together for one minute. After a minute, talk to each other about how looking at the candle has made you feel calm or peaceful.

## Our 9 Habits at Home KS3&4

### All about the habit of being patient.

#### 1. Think & Write

##### Write answers to these questions:

- What is it that helps you to feel calm, patient and peaceful? When did you last experience these things?
- What situation or person tests your patience? What would change if you saw this situation or person as a 'teacher', helping you to become more patient rather than angry or frustrated?
- If you were able to practice patience more fully, what do you think would change in your life?

##### Learn

Patience is the ability not just to tolerate delay or something not happening as quickly as we might have hoped for. It is about the way we wait and the attitude we have. It is also about not giving up when things don't work out but finding ways to keep going and improving.

#### 2. Write

Get hold of copy of a newspaper. As you look through it, identify all the stories that would have had different outcomes if people had shown more patience. Cut these out and stick them into your exercise book or on paper so that you have them as a record of your learning. Having done this, sit down with someone at home and talk about what you have noticed or realised.

#### 3. Think & Draw

Think for a moment about how your body tells you that you're being impatient – tight shoulders, clenched teeth, shallow breathing etc? Draw the outline of a person and mark on all the ways our bodies display impatience.

#### 4. Listen

Spend five minutes outside or perhaps with the window open if it's difficult for you to be outside.

Listen, and make a list of all the sounds you can hear. You may be able to hear a car go by, a dog bark, or birds singing. You may hear leaves rustling or people's voices. You will need to be patient and listen really hard.

##### Learn

Being patient can be hard for us because we like to hurry, or we are easily distracted. When we hurry or are distracted, we miss out on noticing lots of incredible things. So, learning to listen is a really good way to practice being patient.

#### 5. Action

Do the following 'Body Scan' meditation <https://www.youtube.com/watch?v=X462QPGZQt4>  
Pay special attention to how this meditation makes you feel.

