

MINDFUL MENTALITY

PATIENCE

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children connect with their emotions and gain a better understanding of themselves. Mindfulness can support this learning and help them develop a kind and inclusive mentality. By incorporating mindfulness and SEL into early learning, students can establish this mentality early and be better equipped to build strong connections and communities.

BEFORE READING

Talk to the student about patience.

Discuss: What does patience mean to you? Talk about a time you were very patient. Did being patient help you? Did it help others?

AFTER READING

Talk to the student about practicing patience.

Discuss: How can being patient make you a better friend? How do you feel when someone is not patient with you? How can you be more patient with yourself?

SEL GOAL

Brainstorm with students about ways they can be patient at home and at school. Be sure to include situations in which they can be patient with themselves. Review their ideas. Find similarities and differences in the examples. Ask students what they learned. When can they be more patient?

GOALS AND TOOLS

GROW WITH GOALS

It's not always easy to be patient. We can become more patient with practice and by being mindful of our emotions.

Goal: Learning a new hobby or sport can take time. Think of new things you would like to learn. How can you stay patient as you learn something new?

Goal: Think about a time when someone was helpful and patient with you. What did they do? How can you do that for others?

Goal: How can you be more patient at home and at school? Write down your ideas. Think about these goals the next time you start to feel impatient.

MINDFULNESS EXERCISE

Being mindful of how you feel can help you be patient. Follow these steps to keep yourself from getting upset and impatient.

1. Notice how you are feeling right now. Take time to notice how your whole body feels. How do you feel? What are you thinking about?
2. Take deep, slow breaths. Closely watch your stomach slowly go in and out.
3. Remind yourself that you can't control what is happening. But you can control how you act.
4. Try to understand what is going on. Be positive and hopeful. Aim to act in a kind way.



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