

Patience

Character... It starts with me!

MONTHLY EDUCATOR BULLETIN

Vs. Restlessness

I WILL

- Change the things I can change and accept the things I can't
- Keep trying until I succeed
- Make the most of my spare time
- Not interrupt
- Not complain if I don't get my way

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Accepting a difficult situation without giving a deadline to remove it

Give me patience and I want it NOW! In a world of microwaves, the internet, cell phones and instant everything patience has become a lost art. Consider the importance of patience in military tactics, sports strategies, and majestic redwoods. Patience is a powerful virtue. A young mother once had

these words of wisdom to her youngster who was restless while waiting in line at the grocery. "You can either practice patience or complaining. Which do you want to be better at?"

This month choose to practice patience whenever the opportunity arises.



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No Matter How You Say It

Paciencia

esperando con calma sin quejarse



↻↻↻ Go to the Root ↻↻↻

The word patient comes from from Latin *patins*, present participle of *pat*, which means “to endure”. Can you see how patience is related to endurance?

Found on www.thefreedictionary.com

Idioms

sit tight To wait patiently; to bide one’s time

patient as Job very patient. (Alludes to the biblical figure Job)

out of patience annoyed and impatient after being patient for a while.

Hold on to your hat to slow down and be patient.

Found on www.thefreedictionary.com

Sign Language

Check out the following website for the American Sign Language interpretation of the word Patient and Restless. Can you see how one sign has slow motions and the other is faster and fidgety?

www.aslpro.com/cgi-bin/aslpro/aslpro.cgi

“People will accept your idea much more readily if you tell them Benjamin Franklin said it first.” -David H. Comins

Character Quotables

Genius is only a greater aptitude for patience.

George-Louis Leclerc de Buffon

Everything comes gradually and at its appointed hour.

Ovid

Patience, persistence and perspiration make an unbeatable combination for success.

Napoleon Hill

The two most powerful warriors are patience and time.

Leo Tolstoy

The key to everything is patience. You get the chicken by hatching the egg, not by smashing it.

Arnold H. Glasgow

Patience is the companion of wisdom.

Saint Augustine

There are three secrets to managing. The first secret is have patience. The second is be patient. And the third most important secret is patience.

Chuck Tanner

The trees that are slow to grow bear the best fruit.

Moliere

If I have ever made any valuable discoveries, it has been owing more to patient attention, than to any other talent.

Isaac Newton

Order marches with weighty and measured strides. Disorder is always in a hurry.

Napoleon Bonaparte

Be patient. Perplexity is the beginning of knowledge.

Kahlil Gibran

He that can have patience, can have what he will.

Ben Franklin

Be content to progress in slow steps until you have legs to run and wings with which to fly.

Padre Pio

Rivers know this: there is no hurry. We shall get there some day.

A. A. Milne

The true secret in being a hero lies in knowing the order of things...Things must happen when it is time for them to happen.

Peter S. Beagle

The key to everything is patience. You get the chicken by hatching the egg - not by smashing it.

Arnold Glasow

Curriculum Connection



History

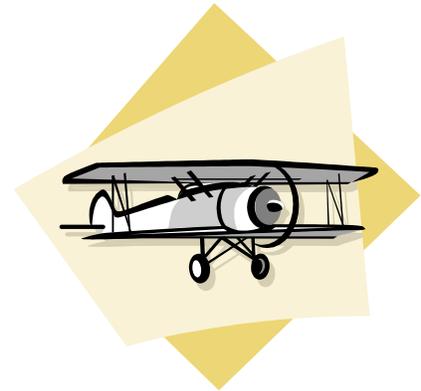
The pilgrims that accompanied Christopher Columbus across the ocean had to be very patient. Encourage the students to research what life would have been like aboard ship and for the first years in the New World.

Did you know that according to Colonial lore 2 children born to Mayflower passengers were named “Patience”?



The Wright Brothers: Model of Patience

The Wright Brothers knew that patience didn't mean being still and quiet while waiting for something to happen. Patience was carefully researching the concept of flight and conducting tests before beginning to build anything. Patience is what kept them focused when they were energized about successes and what kept them moving forward when they were depressed over failures. They succeeded where others before them had failed because they had the patience to take the time to do things the "Wright" way.



Team~Building Activity

Building a culture of good character requires building the class into a community. Here is this month's teambuilding activity:

Cheering Each Other

Divide the classroom into groups of 4 -6. Each group is to create a cheer that encourages academic success much like cheerleaders encourage athletes. They need to write the words as well as choreograph the motions that go with it. Let each group practice their cheer and then perform it for the class. When the cheers are done, you may want to pick one to use on occasion in the classroom to encourage performance.



Addition - Subtraction - Math gives us Traction!

A Knotty Situation

Divide students into groups of 6 or 8 (must be an even number). Arrange each group in a tight circle. All should extend their right hand and grab the hand of someone opposite them in the circle. Then each should use their left hand to grab someone else's left hand. The group now must untangle themselves into a circle without letting go of the hands. (If you have an odd number, one person can act as coach for a single group or be a commentator for the whole group and do a play-by-play announcement of each group's progress.) When the game is over, discuss the importance of patience in working out the problem and what motivated them to keep going when it got tough.



Patience Pays Off

Savings: Use the idea of saving money to illustrate the importance of patience. For younger students, use a simple example of saving 50 cents a week to buy a special item. This could also appear as a math question on a test or assignment. For older students, include the concept of interest when saving.



Point out that the longer you save (more patience), the larger the reward.

Anticipation: Place a marshmallow or several small candies such as M&Ms on each student's desk. Explain that they can eat these whenever they want to but if they wait until after lunch they will get twice as much. Discuss the concept of delayed gratification and waiting for good things to happen.



Waiting.....

- According to an NPR report, the average American spends two to three years of his or her life waiting in line.
- The average amount of someone's life spent at red lights is six months!

For the Family

We are studying the character quality of **Patience**: Accepting a difficult situation without giving a deadline to remove it

To practice Patience I will:

- Change the things I can change and accept the things I can't
- Keep trying until I succeed
- Make the most of my spare time
- Not interrupt
- Not complain if I don't get my way



Family Activity:



Cookies Teach Patience

Gather all of the ingredients for your favorite homemade cookie. Ask the family what it would taste like if you ate the ingredients rather than following the recipe. Make the recipe as a family. Comment as you mix the dough what would happen if you rushed and missed an ingredient or measured improperly. Once you have the dough completed, they might be tempted to eat the cookie dough but remind them of possible gastric consequences of eating the dough with the raw eggs in it. Bake up some of the dough and enjoy the results of being patient.

Other ways to teach character in the home:

- Display the character quality and definition in a prominent place such as on the refrigerator or let each child decorate it for their bedroom door.
- At the dinner table ask if anyone noticed anyone (not just family members) demonstrating the character quality (or not demonstrating it).
- Point out news stories where character was or was not involved.
- Review the "I wills" and see if there are specific actions you can add to this list.
- During car trips, challenge the kids by describing scenarios and having them identify if it describes being the quality or being the opposite.
- Praise with character by recognizing the character quality involved rather than the achievement.
- For more ideas visit www.charactercincinnati.org/education.php

Croskey's Corner

“WAIT!!! JUST BE PATIENT!!!” ... I know; it's hard to do. Often, it takes a great deal of will power to be Patient.

One writer said that the American Prayer is:

“Lord, grant me Patience...and I want it now!” OK, maybe some of us still have a little to learn about Patience.

“I will change the things I can change and accept the things I cannot.” Many of you may recognize this as part of the Serenity Prayer. In that oft-quoted plea, one asks for the serenity to accept the things one cannot change, courage to change the things one can, and wisdom to know the difference. I have concluded that many times I do not have the wisdom to know the difference. Since I don't have it, I am stuck with waiting until I can see the difference. But that waiting requires me to have Faith that the wait will be fruitful. Why do I have to wait? Why can't I have what I want when I want it?!

I am reminded of Croskey's Laws. What? You've heard of Murphy's Law ("Anything that can go wrong will go wrong.") Gresham's Law (Bad money drives out good) or Burke's Law (an old TV show)? But not Croskey's Laws?! Well, these are rules of living which I have made up as I watched my life unfold. For example, one law says that if you pull into a parking space in the parking lot of a grocery or discount store, the odds are better than 50-50 that someone else will try to get into or out of the car next to you while you are trying to get in or out of yours. (Talk about a need for Patience!) Another of Croskey's Laws is that, if you live long enough, you get to be on BOTH SIDES of a problem. [I call it the Joni Mitchell Law; get it? Both Sides (Now) of a problem.] In my 60 plus years I have had many opportunities to see both sides of an issue. I was often very self-righteous and moralistic when I went through the First side of the problem. But by the time I was stuck experiencing the problem from the other point of view, I was swallowing a huge piece of humble pie and was not so cocky or self-assured. The good part of living long enough to experience Both Sides is that much of what I wanted at one time or another I have eventually gotten to have. True, I didn't get it when I wanted. Truer, by the time I got it I no longer DID want it. Rather, I got what I wanted when I needed it, for the most part. I got it on what one writer calls “The Last Day.” The Last Day is the end; you don't know when the End is coming, but you know it after it has actually arrived. Or, as my daughter says, “Everything will be OK in the end. If it's not OK, it's not the end.”

What has Both Sides taught me? First, I have to be careful when I think I am right because I may eventually know the other side of the story and may be sorry I was so quick to point fingers. Second, when I want something and don't want to wait to get it, I need to learn to, indeed, wait. To wait for the End. Third, waiting, even faithfully, is very lonely. If I remember this stuff, then I can come to patience. Not out of willing myself to be Patient; rather, out of faith in knowing that I will someday get what I need but that I will often have to wait for the right time (the Last day) until I get it.

So, keep on trying to get what you need. But maybe you are like me; you don't always get it when you are the most hungry. No matter. Be faithfully Patient. It will come to you on the Last Day, whenever the heck that is!

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Character...It Starts With Me!

Character in the Classroom *Continuously*

There are many ways that you can teach the Character Quality of Month. Here are just a few suggestions:

- Ask students to make posters to hang in the classroom or around the school.
- Challenge students to find quotes, news stories, current (or classic) songs or movies that portray the character quality of the month. Be sure to share these with the class and “archive” these to use in future years.
- Add the character trait of the month to the spelling word list. (Even if it is posted in the classroom to copy!)
- Offer for students to make a video or write a rap that demonstrates the Character Quality of the Month.
- If you teach younger students, see if you can “borrow” some older students to lead your students in an activity or switch the roles and have the younger students “teach” a rhyme to the older students.
- If you teach older students, you can be the initiator in the previous activities.
- Invite local business leaders or small business owners to talk about the importance of a character trait. If you teach older students, aim to get a representative from a business that typically hires teens so that they can relate the importance of good character when applying for and *keeping* a job.
- Men and women in uniform usually make impressive guest speakers. Police departments, fire departments and military recruiting offices are usually willing to come into a classroom. Do not be afraid to give them specific requests or guidelines for speaking so that it is pertinent to the lessons of the month.
- Always have a generic character activity planned and ready to go that you can use as filler when you have time to kill or that a substitute teacher can use in your absence.