

# Patience

Character... It starts with me!

## Vs. Impulsiveness

### ROBIN'S READING LIST

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#### LOOKS LIKE

- Taking turns with others
- Not complaining when delays occur
- Taking your time to do tasks right
- Waiting for other others to finish before you speak
- Allowing others to work at their own pace without judging

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Waiting calmly in times of stress, hardship, or suffering.

Teacher Resource Book:

**Character Building Day by Day** by Anne Mather and Louise Weldon

This book has very short stories on many character traits, including patience. Great resource! Stories about patience are on pages 152 - 157.

**Grades Pre - 3:**

**If You Want to See a Whale** by Julie Fogliano

In this gorgeous love song to the imagination, a little boy and his trusty basset hound want nothing more than to catch a glimpse of a whale. If you want to see a whale, there are certain things you'll need, like a window looking out on a vast ocean. You'll need plenty of patience, too: "time for waiting / and time for looking / and time for wondering, 'is that a whale?'" You might be distracted by miraculous things along the way, like the sweet, fragrant smell of pink roses or pelicans perched on posts or an inchworm on a leaf. These are all wonderful things, but they are not a whale. But if you "keep both eyes on the sea / and wait . . . / and wait . . . / and wait . . .," it just might happen. The creators of *And Then It's Spring* (2012) return with this quiet, contemplative, beautiful poem about patience and dreams—and about enjoying the journey.

**Impatient Pamela Calls 9-1-1** by Mary Koski

In this instructive story, Pamela learns her address, how to use the telephone, how to dial 9-1-1, and how to recognize an emergency. Impatient Pamela is back with this second edition of her first adventure. She learns all about using the telephone and how to call 9-1-1. She is impatient to make the call, but she needs to learn about true emergencies. It is time for Pamela to stay calm when her friend



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Martin chokes on a bite of his sandwich. Will she remember her lessons?

**Frank and Beans and S'More Trouble** by Kathy-jo Wargin

This book is a lesson about patience. Frank loses his temper with the family cat and now poor S'More has run away. Does Frank have the patience he will need to bring her home?

**Arthur Loses His Patience** by Marc Brown

BEING PATIENT! Can't all of us relate to that? This delightful story demonstrates Arthur and D.W. learning to deal with this emotion. This will entertain as well assist your child in learning this valuable tool.

**Grades 4 - 8:**

**The One and Only Ivan** by Katherine Applegate

Ivan is an easygoing gorilla. Living at the Exit 8 Big Top Mall and Video Arcade, he has grown accustomed to humans watching him through the glass walls of his domain. He rarely misses his life in the jungle. In fact, he hardly ever thinks about it at all.

Instead, Ivan thinks about TV shows he's seen and about his friends Stella, an elderly elephant, and Bob, a stray dog. But mostly Ivan thinks about art and how to capture the taste of a mango or the sound of leaves with color and a well-placed line.

Then he meets Ruby, a baby elephant taken from her family, and she makes Ivan see their home—and his own art—through new eyes. When Ruby arrives, change comes with her, and it's up to Ivan to make it a change for the better.

**Wonder** by R.J.Palacio

August Pullman is a 10-year-old boy who likes Star Wars and Xbox, ordinary except for his jarring facial anomalies. Homeschooled all his life, August heads to public school for fifth grade and he is not the only one changed by the experience. August's dialogue and interactions with students and family ring true, and though remarkably courageous he comes across as a sweet, funny boy who wants the same things others want: friendship, understanding, and the freedom to be himself. ..until he finally succeeds.

**Hokey Pokey** by Jerry Spinelli

Welcome to Hokey Pokey. A place and a time, when childhood is at its best: games to play, bikes to ride, experiences to be had. There are no adults in Hokey Pokey, just kids, and the laws governing Hokey Pokey are simple and finite. However, when one of the biggest kids, Jack, has his beloved bike stolen - and by a girl, no less - his entire world, and the world of Hokey Pokey, turns to chaos. Without his bike, Jack feels like everything has started to



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go wrong. He feels different, not like himself, and he knows something is about to change. And even more troubling he alone hears a faint train whistle. But that's impossible: every kid knows there no trains in Hokey Pokey, only tracks.

## **The Boy on the Wooden Box** by Leon Leyson

Even in the darkest of times - especially in the darkest of times - there is room for strength and bravery. This book is a remarkable memoir from Leon Leyson, one of the youngest children to survive the Holocaust on Oskar Schindler's list.

Leon Leyson (born Leib Lezjon) was only ten years old when the Nazis invaded Poland and his family was forced to relocate to the Krakow ghetto. With incredible luck, patience, perseverance, and grit, Leyson was able to survive the sadism of the Nazis, including that of the demonic Amon Goeth, commandant of Plaszow, the concentration camp outside Krakow. Ultimately, it was the generosity and cunning of one man, a man named Oskar Schindler, who saved Leon Leyson's life, and the lives of his mother, his father, and two of his four siblings, by adding their names to his list of workers in his factory - a list that became world renowned: Schindler's List.

## **Bud, Not Buddy** by Christopher Paul Curtis

Times may be hard, and ten-year-old Bud may be a motherless boy on the run, but Bud's got a few things going for him. He has his own suitcase filled with his own important, secret thing. His momma never told him who his father was, but she left a clue: flyers of Herman E. Calloway and his famous band, the Dusky Devastators of the Depression!!!

Bud's got an idea that those flyers will lead him to his father. Once he decides to hit the road and find this mystery man, nothing can stop him--not hunger, not fear, not vampires, not even Herman E. Calloway himself.

**Grades 9 - 12:**

## **Take Your Time: How to Find Patience, Peace, and Meaning** by Eknath Easwaran

Speeded up, fragmented, impersonal, and exhausting — that's life in a plugged-in, always-on-the-go world. Many people want to step back and take a break from the chaos, but training a frazzled mind to embrace calm isn't easy. For more than 40 years, Eknath Easwaran dedicated



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himself to teaching the skills of a gentler, more human way of living. *Take Your Time* offers his proven techniques for improving health, relationships, and productivity in the midst of a busy lifestyle. Drawing on his strengths as a meditation teacher, he combines timeless stories with step-by-step teachings to help readers slow down, stay calm, and get a sense of life's true purpose. He shows readers that the key to a more peaceful life isn't necessarily changing how they work or what they do, but how they think. With humor and wisdom, he invites readers to step back from the hurry around them and find new paths to joy and serenity.

**Unwaried Patience and Fortitude: Francis Marion's Orderly Book** by Patrick O'Kelley  
Francis Marion is an icon in the state of South Carolina, and much of what is known about him has been distorted, so that now he is more legend than a real man. Marion was one of the most versatile commanders in the Revolution. He adapted to whatever was thrown his way. Marion was not the typical hero. He was short, middle aged and walked with a limp. His orders to his men were written in an order book, along with comments of what was happening. This book is the longest one existing, with daily entries from 1775 to 1782.

**The Pursuit With Patience** by Wesley A. Lyons, Jr.

Football players are more than just a strong set of arms and swift on their feet. Former West Virginia University wide receiver, Wes Lyons, proves that through the completion of his first book, "The Pursuit with Patience." Wes gives an exclusive look at his Pittsburgh childhood, and even takes you behind-the-scenes of the college recruitment and NFL draft processes. The book allows readers to probe deep into Wes' world of football and family. "The Pursuit with Patience" is not about his successes in football. It is about the journey he endured throughout the entire process and the genuineness of athletes.

Wes also offers insight about the NFL business, as he speaks on his journey with the Pittsburgh Steelers and other NFL teams.

