



Name _____

Character quality: **P A T I E N C E**

Definition: The dictionary explains that having **PATIENCE** means you have the ability to wait without whining or complaining. It is a quality that many people do not have, and it can take a long time to develop. You might want something NOW, but sometimes you have to have **PATIENCE** and wait. If you are able to accept a difficult situation without giving a deadline to remove it, you have achieved the character quality of **PATIENCE!**

Resources: www.characterfirst.com and <http://www.petersons.com/education> American Education Services, 2008



. . . Quality Think/Quick Write . . .



When have you found yourself being very **PATIENT**? What helps you maintain your **PATIENCE**?

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Have you ever been asked by a dentist to use a two minute timer to brush your teeth? What used to be a "hurry up, quick, get it done" routine becomes a challenging use of time. On the other hand, using a 2 minute timer in playing a board game can be fun.

Strange, huh?

HISTORY NOTE: For the SANDS OF TIME, we owe thanks to the people of Europe in the 1300's and the 1400's (after the ancient Egyptian water clock and before the development and wide use of the mechanical clocks). Public speakers and sailors found them useful.

Many things happen in life A LITTLE AT A TIME. Write in the hour glass your goals which will need to take place over a period of time in small steps.



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Sometimes when you are recovering from an injury or illness you, as the **PATIENT**, need to have the character quality of **PATIENCE**. In other words you need to be a **PATIENT PATIENT!** Here are some action steps to take. Think about how you can put these **ACTION STEPS** into words by giving each patient below a **PATIENT** thought or statement.

Action Steps to take while you are in a state of exercising your **PATIENCE**:

Make the most of my time—consider what I **CAN** do.



While I am lying here in bed I can

_____.

Change the things I can change and accept the things I can't.



I can still _____
_____!

Keep trying until I succeed . . . what can I do to still accomplish goals?



Better not give up trying to succeed. I can _____
_____.



Name _____

WOW! I might have a hard time with this one and I'm grownup!

It is EASY to be PATIENT when . . .

1. _____
2. _____
3. _____
4. _____
5. _____

Has anyone ever commended you for your PATIENCE? Who told you they appreciate your PATIENCE and WHY?

Put your heads together and think about having PATIENCE for one another.



On the back write a response in paragraph form to one of these lists and the questions.

Sometimes, honestly, I'm IMPATIENT!

1. _____
2. _____
3. _____
4. _____
5. _____

Can you exercise your patience next time?? While you wait for an event or person what can you DO??



Name _____

PATIENCE

Can you find little words within the BIGGER word?

1 or 2 Letter Words

3 Letter Words

4(+)Letter Words



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HOMONYMS are fun to think about. If we make use the word patient in the plural form PATIENTS we have a homonym with PATIENCE, our CHARACTER QUALITY. A homonym is defined as two words that are pronounced the same, have different spellings and different meanings. Here are some pairs of HOMONYMS. Use them in a meaningful sentence. Go to the dictionary if you are not certain of the meaning.

PATIENCE _____

PATIENTS _____

blue _____

blew _____

SENSES _____

CENSUS _____

clothes _____

close _____

HOMONYMS continued

KERNEL _____

COLONEL _____

here _____

hear _____

OR _____

OAR _____

lends _____

lens _____

PAIR _____

PEAR _____

Can you think of other HOMONYMS to challenge your friends?

(back of two-sided activity sheet)