



the family values toolkit

For Children Ages 8 to 10

This Month's Featured Value Is: **Patience**

Patience is the ability to endure trying situations without complaining or quitting. Patient people are self-controlled; they remain calm and relaxed in the face of pain, frustration, or tedium. Patience implies an understanding that bad times can improve and rewards may arrive at some point in the future. Patience is related to perseverance--the capacity to continue in some effort despite difficulty or opposition.



What Can Parents Do to Nurture This Important Value?

First, Set Goals:

Increase children's ability to delay gratification and calm themselves down when they feel stressed or frustrated.

In the later elementary grades, most kids are developmentally able to be patient. They understand time and can accept the notion of waiting for a future reward. They are also better at taking other people's perspectives. For example, an eight-year-old can understand that she needs to walk slowly so her little sister can catch up.

At school, kids this age have a greater attention span and are capable of concentrating for a longer period of time. A nine-year-old can usually sit through several classmates' book reports before he gets his turn to read his own. To keep improving children's patience skills, parents can take several steps.

Next, Take Action! Try These Activities:

- ✓ **Create a quiet, comfortable "calm down" spot in your home** with no distractions. Encourage your child to spend some quiet time there on a regular basis. Allow him or her to decorate it with personal touches and leave drawing or journaling materials there for reflective thoughts.
- ✓ **If your child wants something, like a new sweater or pierced ears, don't rush to provide it.** Wait a set period of time to help the child assess whether he or she really wants this.
- ✓ **Play "Sardines."** One person hides, and all the others seek. As each seeker finds the person hiding, they join him or her, waiting patiently to be found by the others. (Usually they have to squish together like sardines.) The last person left seeking loses.

Then, Report Back!

Share your stories of success, your challenges, and overall experiences with others in our community @

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