

The Superpower of Patience

WRITTEN

To teach students the importance of patience as an essential life skill, helping them understand how it can positively impact their actions and relationships.



Learning Intentions

I can understand the importance of being patient:

This encourages students to recognise patience as a valuable life skill that helps in managing emotions and interactions with others.

I can reflect on how patience helps me and others:

This helps students understand the positive impact patience can have on their own well-being and relationships.

I can express my experiences of patience through writing and drawing:

This allows students to creatively communicate times when they showed patience and how it benefited them or others.



Success Criteria

Recalling a Time I Showed Patience:

Students can recall a time when they showed patience, ensuring they reflect on real-life examples of practising patience.

Describing How Patience Helped in That Situation:

Students can describe how patience helped in that situation, encouraging them to think about the positive outcomes of being patient.

Expressing the Experience Through Drawing or Writing:

Students can express this experience through drawing or writing, allowing them to communicate their feelings and experiences creatively.



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Objective: To teach students the importance of patience as an essential life skill, helping them understand how it can positively impact their actions and relationships.

Players: Perfect for small groups, classrooms, or individual reflection.

Materials:

- Paper
- Coloured pencils, pencils or markers.

Setup: Provide each student with a piece of paper and access to coloured pencils, markers, or pencils. Encourage students to think about a time when they had to be patient.

Activity:

1. **Think About a Time You Showed Patience:** Ask students to think of a situation where they had to wait for something or were required to be patient, such as waiting for a turn, waiting for an answer, or waiting for a special event.
2. **Draw or Write About the Experience:** Have students draw or write about this experience, explaining how they showed patience and how it helped the situation. Encourage them to think about how they felt before, during, and after the situation. If drawing, ask students to use faces with different emotions on them to act as a visual display of the emotions they felt eg,. Smiley face.
3. **Reflect on the Benefits of Patience:** After completing the drawing or writing, ask students to share their drawings with the person next to them and reflect on how patience helped them or others in the situation. How did they feel after practising patience? What did they learn from the experience? What did they learn from their partner?

Reflection Prompt:

- How did you feel when you had to be patient?
- What did showing patience help you achieve?
- Why is patience important in our daily lives?



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Winning the Game: There is no winner in this activity. The goal is to reflect on the benefits of patience and to understand how it can improve our interactions and experiences

Additional Notes: The Superpower of Patience encourages students to understand the value of patience as a way to build emotional resilience and improve relationships. By reflecting on moments when they practised patience, students gain a deeper understanding of how this skill can help them navigate challenges and grow emotionally. This activity fosters self-control, empathy, and mindfulness.