

# Patience



During the month of April we develop the character trait 'patience'. There are many times in our lives when we are called upon to be patient and this can often be a struggle. Perhaps we are waiting for the birth of a baby, for news about someone who is ill, or the arrival of a special day for the family, like a wedding, birthday or baptism. Children too can struggle enormously 'waiting' for others. They become irritable and frustrated with themselves and indeed classmates. Some children may even resort to name calling, hitting others verbally or physically in their frustration. In school the staff will spend time helping the children to focus on how to become patient. They will talk to children about how impatience can lead to the alienation of others who may be 'weaker' than them.

It is therefore important to help children deal with their irritability. Patience is a virtue. It enables a person to look at others with respect and understanding. In the words of Jesus, 'Love one another as Christ loves you'.

- If we are facing in the right direction, all we have to do is keep on walking
- All good things come to those who wait
- Never run after a bus – there will always be another one
- Patience is something not acquired overnight
- You need to work on it every day
- Patience is something you admire in the driver behind you but not in the one ahead of you.

## Patience is a virtue



# How can we be more patient? – Some helpful tips

## At Home

- Taking time with others
- Helping mum/dad without losing our temper
- Trying hard to wait on others
- Taking turns to speak instead of shouting
- Patient when someone else is watching T.V.
- Helping at home but taking time to complete things properly
- Showing patience with younger siblings
- Thinking about the consequences of our actions
- Finishing homework and dinner properly instead of rushing just to get out to play.



## In the Community

- Helping older people in our street or when we are crossing the road
- Taking time to listen to other people when they are talking to us
- Taking care when in the shop especially when waiting in a queue
- Showing patience with people we meet.



## In School

- Completing work to the best of our ability
- Listening to the teacher, especially when following instructions
- Not rushing work just to get it finished – be patient and produce good quality
- Being patient at lunch and break times in the playground
- Taking turns and respecting the opinions of others
- Having patience with all things but most importantly being patient with yourself.

