

Patience resources

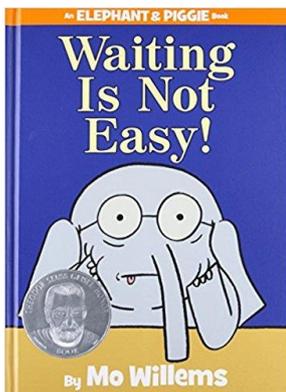
Children under 11

A very memorable song from the past is now available on Youtube



<https://www.youtube.com/watch?reload=9&v=9kn6Z2Mop5I>

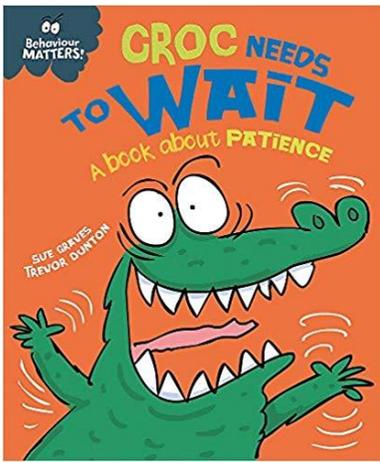
Here are some ideas you could do with some preschool children. A patience clock, and a heart that waits patiently.



Waiting Is Not Easy! (Elephant & Piggie Books) Hardcover – 4 Nov 2014

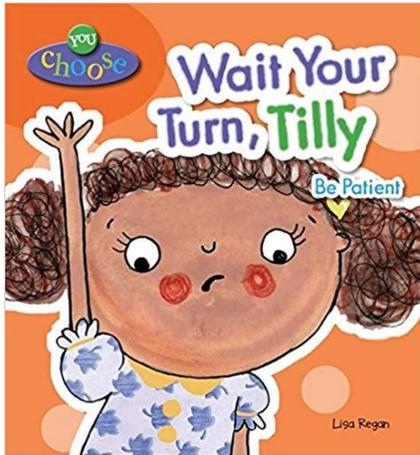
by [Mo Willems](#) (Author)

Age 2-6 Very easy language, with just a few words on each page and reactions typical to an interaction between an adult and small child who has to wait for something. Lots of room for exaggeration when telling the story and the simplicity of the writing would make it suitable for emergent readers.

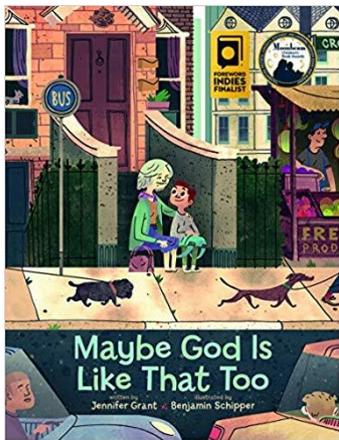


**Croc Needs to Wait – A book about patience (Behaviour Matters)
Hardcover – 14 Jun 2018**

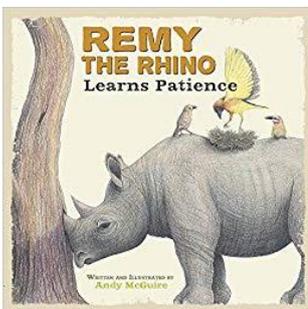
by [Sue Graves](#) (Author), [Trevor Dunton](#) (Illustrator)



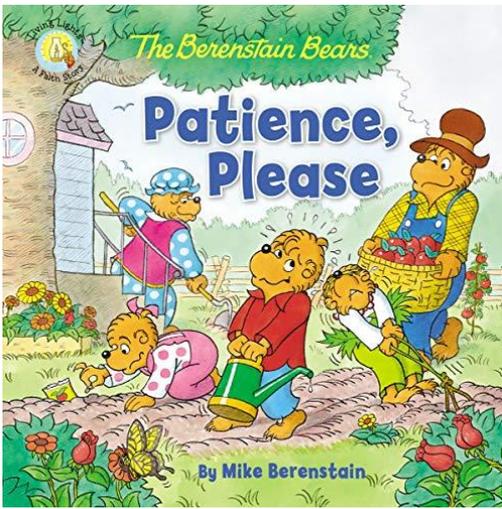
Wait your turn shows a number of different scenarios where patience is needed in circumstances similar to those which children might experience. The book gives suggestions on how to develop conversations about the subject matter.



A lovely book on the Fruits of the Spirit in general. Very American, but a good stimulus for discussion.



This book would be ideal for prompting discussion about getting angry and frustrated with other people.



The Berenstain Bears Patience, Please

This book fits well with this activity.

Grow a bean.



To help children understand what it means to be patient, plant some seeds in a small glass jar. Choose fast-growing plant seeds, such as broad beans, or even cress or grass. If you want to see the seed growing use cotton wool in the jar, or simple use normal compost. Work together to fill the pot, then plant and water the seeds.

Talk about how it takes time for the plant to grow. We can't speed up the process by frowning or throwing a tantrum. Similarly, we often cannot change situations or people by getting upset. But we can choose to be patient with others, just like we're patient with the growth of the sprouting plant.

Together, think of ways you can be patient. (For example, being kind to a younger sibling who does things slowly or waiting without complaint for dinner.)

Leave the pot in a visible, sunlit spot, and have them water it daily. After a couple of days, call their attention to it and ask if they can see any signs of growth.

Discuss how patience doesn't rely on visible results. When you finally do see the plant begin to sprout, talk about the growth that has been happening below the surface as your child has patiently watered the seed. Point out that patience allows us to see many positive things "sprout" in our lives.

Young people 11 to 18

Padlock problem Here is a higher energy game to play about patience.

What you need:

Two combination padlocks
Post-it notes or scraps of paper
Coloured dot stickers

HOW TO PLAY THE GAME

The first step in this game is to write down the correct padlock combinations on a piece of paper and place in your pocket (you will need this if the young people can't figure out their combination).

Before they arrive, place a sticker on the back of each padlock.

Hide the padlocks in your room/church.

Next, write the combination numbers on separate pieces of paper and place the same coloured sticker that corresponds to the padlock.

Then hide the papers throughout the room/church.

Not only do the young people need to find the padlocks and the three pieces of paper containing the combination numbers, they have to figure out which order to put the numbers in order to unlock the padlock.

Divide your group into two teams.

Tell the teams that they will race each other in finding the padlocks and combinations and the first team to open their padlock is the winning team.

After the game Discuss:

This game showed us that we need to be patient in order to achieve what we want. Every day we are faced with situations where we need to be patient. Many times, these situations are out of our control. We can't make things happen just because we want them to happen NOW.

DISCUSSION QUESTIONS

Have you ever been impatient about something?

What types of things do you get impatient over?

When you had finally found all your papers, you still had to struggle with which order to place the numbers in order to open the padlock. Did you find yourselves becoming more and more frustrated the more times you tried to open the padlock?

Did you find yourselves becoming frustrated with the others on your team because you felt that you could do a better and quicker job of opening the padlock?

Do you think that slowing down could have helped in this situation?

The dictionary offers this **definition of patience**: *"the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset"*.

How many of you find yourselves getting upset the longer you have to wait for something?

Going along with having patience is the fact that God wants us to be patient and listen for His instruction.

Frozen Legos



You will need: As many Legos as you think you will need to have teams of 4 build something (you can purchase large buckets of secondhand Lego's online)

- Four Lego people for each team
- Lots of plastic containers that you can freeze
- Popsicles for after the game

Directions:

- Divide your Legos (all except the people) into equal piles and place them in plastic containers with water and freeze them solid a few days before your session.
- On the day, take the ice blocks out of the containers if you wish or just leave them in the containers.
- Divide the young people into teams of four and give each team four Lego people.
- Sit in a circle. Place the frozen Legos in the centre of the circle.
- On 'go' teams will grab 1 frozen block at a time and begin to defrost or melt the Legos out of the ice. They can blow on it, use their hands to melt the ice, hold it up to the sun, etc. They just **cannot** break the ice on a hard surface. - They do not have to get every Lego.
- Was there a time you just wanted to break the ice on the ground and take what you needed?
- Does God give you the pieces you need to a problem right away? Why?
- Do you ever get frustrated thinking God isn't working fast enough for you?
- How do you respond to God when He isn't working fast enough?
- Have you ever gotten so frustrated with God that you just went and did what you thought was right? What happened?

Read: 2 Peter 3:9 "The Lord isn't really being slow about His promise, as some people think. No, He is being patient for your sake. He does not want anyone to be destroyed but wants everyone to repent."

Activity about the power of patience.

- Gather everyone in a room.
- Designate a wall as "1 — EASY" and the opposite wall as "10 — HARD."

For each situation below, have children rank how easy or difficult it is to be patient by standing in a corresponding spot between the two walls: here are some suggestions -

- When my sibling messes up my stuff

- When my someone is late picking me up
- When my friends are angry with me
- When my parents won't buy me what I think I need
- When people annoy me

Encourage the young people to explain their rankings. Think about this:

- What situations make you feel impatient toward friends or family?
- What situations do you think would cause others to be impatient with you?
- Who is patient with you? How do you feel when that person acts patiently toward you?

Read: *Proverbs 15:18*

"A hot-tempered man stirs up dissension, but a patient man calms a quarrel."

1 Thessalonians 5:14 NIV "And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone."

- What makes it easy or difficult to live out this advice?
- What are a few ways we can encourage patience toward each other this week?

Ask God to help you to be kind towards people who sometimes try your patience.

Young People 18-25

Here is a passage which you can reflect on using the Swedish bible study method.

To do this you begin by praying, asking God to speak through his word.

Then read a short Bible passage aloud.

Go back over the passage on your own while being on the lookout for three things:



A light-bulb: this is something that shines out from the passage to you. Whatever impacts on you most.



A question mark: anything you find difficult to understand or that you want to question of God or someone else.



An arrow: gives a personal application to your life.

If doing this in a group, give about 10 minutes for people to do that, and then discuss some of the things which have come up for you.

James 5, 7-12 Patience in Suffering

⁷ Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. ⁸ You too, be patient and stand firm, because the Lord's coming is near. ⁹ Don't grumble against one another, brothers and sisters, or you will be judged. The Judge is standing at the door!

¹⁰ Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. ¹¹ As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.

¹² Above all, my brothers and sisters, do not swear—not by heaven or by earth or by anything else. All you need to say is a simple “Yes” or “No.” Otherwise you will be condemned.

Develop More Patience



One of the best lessons you can teach your young people is that when you gain the wisdom of patience, you can improve your life as well as the lives of the people around you. You will also become a calmer and peaceful person.

You might find that you are patient in some areas and lacking in others. You can always further develop the skill of patience.

Here are some tips:

Remember That Everyone Is Different

Are you accepting of yourself and others? It's quite difficult to avoid comparing yourself to others, and when you do compare, you might be setting yourself up for disappointment.

For example, if you're attempting to learn a new skill, it might take you longer than other people and that's okay. If you have the patience to see it through to the end, you'll eventually get there.

Help Others with Their Skills

Do you find yourself in situations where you become easily frustrated with others? Perhaps they haven't done as good a job as you think you could do. Rather than letting those negative emotions fester inside you, take action to fix the situation instead. Lend a helping hand in order to help them develop their skill, it may be that they just need time to understand what they are doing. *Teach others instead of resorting to anger and frustration!*

Act Rather Than React

When a lack of patience starts to bring out your frustrations, there's probably something you can *do* besides just thinking about the situation. If you keep yourself busy, there won't be any time to let the frustration show. Instead of waiting, maybe there's something else you can do that's enjoyable. You can even just take joy in experiencing the present moment and relax. The time will pass and you will enjoy both things in the end.

Count to Ten

Sometimes you may feel like you're at the end of your rope and fear that you may react inappropriately because of a lack of patience. In this case you can practice the “*count to ten*” rule. Tell yourself that no matter what, you can't react immediately to a situation. *Take a deep breath and slowly count to ten. These brief moments may be all it takes to get you to act calmly and rationally.*

See Things from Another Point of View

You can also get into the habit of seeing things from another point of view. When all else has failed, put yourself into another person's shoes and broaden your horizons. Understand that everyone is *not* like you; they don't have the same thoughts, opinions, or abilities. Seeing the same situation through the eyes of others may be enough to bring you wisdom and patience.



Frozen

Beat the hot days of summer with a frozen T-shirt contest for your youth. The objective is simple – Unfold a frozen t-shirt and wear it. But it's not quite as easy as it sounds. It can be played as a team effort or you can have one frozen t-shirt for each youth. Add a few additional ice games to get things moving before you have the final T-shirt thaw.

Marshmallow Olympics

More than fifty years ago, researchers at Stanford University conducted a study on pre-schoolers commonly known as the “Marshmallow test.” They were taken into a room and given a marshmallow and told that if they could wait 15 minutes, they would get a second marshmallow. If they ate the marshmallow, they would not get the second one. They then left the child alone in the room with a marshmallow and a hidden camera and waited. Only about 1/3 were willing to wait. In the following years, they checked up on the kids as they became adults and progressed in life. Those that were able to wait, that were able to “delay gratification”, were on a whole also able to be much more successful in life.

There are quite a few repeats of the experiment on YouTube here is one.

https://youtu.be/d8M7Xzjy_m8

Make Marshmallow shooters

What You Need

- 9 oz plastic cups
- 12-inch balloons
- LOTS OF marshmallows
- Scissors
- Duct Tape

Preparation



1. Cut off the end of a large plastic cup.
2. Tie off one uninflated balloon and cut off a strip from the opposite end.
3. Stretch the balloon over the smaller end of the cup.
4. Place a marshmallow inside the cup on the knotted centre, pull back on the outer knot, and the marshmallow flies out of the end in the direction you aim it.

Caution – Do this outdoors or in an uncluttered room where it is easy to locate all the marshmallows otherwise, they can attract unwanted creepy crawlies.

What to do

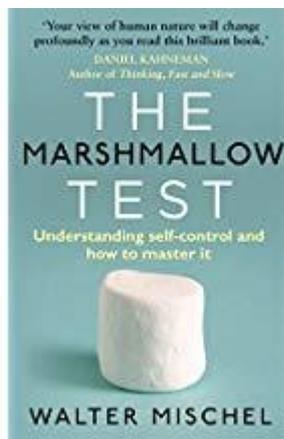
With the marshmallow launcher you can:

- See who can launch a marshmallow the farthest
- Try to launch them into the mouth of a teammate across the room
- Play target practice with a stack of marshmallows

- Launch a marshmallow up in the air while a teammate runs around and tries to catch it in a bucket

Other marshmallow games

- **Long-Distance Marshmallow Toss** – face a partner and then toss a marshmallow to the partner. With every successful catch they both take a step backwards and try again. If dropped the pair is removed. Continue until one pair survives the toss for the longest distance.
- **Marshmallow Shotput** – Who can toss a marshmallow the longest distance?
- **Marshmallow Juggle** – See which young person can successfully juggle the most marshmallows.
- **Marshmallow Pyramid** – Build the highest pyramid of marshmallows. Make it tougher by having them build it on someone's forehead. Who can balance the most marshmallows on their nose?
- **Marshmallow Vacuum** – Using straws, teams of young people must suck up the most marshmallows and place them in cups. No hands allowed.
- **Tallest Marshmallow Tower** – Marshmallows must be stacked one on top of the other – straight up without it falling over. Each marshmallow may rest on only one marshmallow below it.



The Marshmallow Test: Understanding Self-control and How to Master It. By Walter Mischel

Walter Mischel's now iconic 'marshmallow test,' one of the most famous experiments in the history of psychology, proved that the ability to delay gratification is critical to living a successful and fulfilling life: self-control not only predicts higher marks in school, better social and cognitive functioning, and a greater sense of self-worth; it also helps us manage stress, pursue goals more effectively, and cope with painful emotions. But is willpower prewired, or can it be taught?

Why not give this book a read to learn how we explore patience and delayed gratification in children and young people.

5 Mins Peace

Reflect on these bible verses on Patience

Proverbs 14:17 “A quick-tempered man does foolish things, and a crafty man is hated.”

Proverbs 16:32 “Better a patient man than a warrior, a man who controls his temper than one who takes a city.”

Proverbs 17:27 “A man of knowledge uses words with restraint, and a man of understanding is even-tempered.”

Proverbs 25:28 “Like a city whose walls are broken down is a man who lacks self-control.”

Proverbs 29:11 “A fool gives full vent to his anger, but a wise man keeps himself under control.”

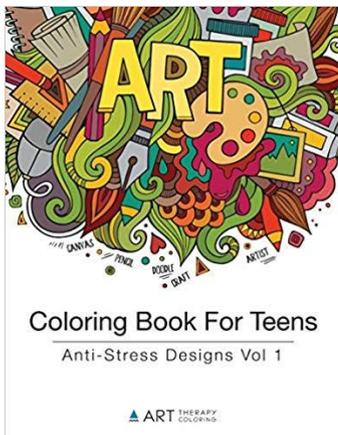
Proverbs 29:20 “Do you see a man who speaks in haste? There is more hope for a fool than for him.”

Ecclesiastes 7:9 “Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”

Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

Sit still and re-read the passage slowly, stilling your mind and quietly listening to what God is saying to you about this bible reading.

Being still takes patience, it takes discipline and it can be a difficult task for some people. why not try using colouring to help you be still.



Colouring Book for Teens: Anti-Stress Designs Vol 1: Volume 1 (Colouring Books For Teens) Paperback – 11 Jan 2016

Mindfulness colouring takes patience. It can help reduce stress and quiet your mind.

Being a teenager is not always easy. Teenagers are dealing with emotional stress on a daily basis in their family lives, in their social relationships, and in their academic responsibilities.

Colouring is similar to a meditative experience. It can make you feel calm and relaxed just like meditation does. A habit of colouring daily can produce positive results that can turn into long-term benefits.