



PATIENCE

IS A
SUPERPOWER

by Mari Schuh

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Words in **bold** are in the glossary.

Patience Matters

Have you been **patient** today?
What were you waiting for? Did you
wait in line for lunch? Maybe you
waited for the bus. How did you feel
while you waited? What did you do?

Having patience means being
calm while you wait. When people
are patient, they are not upset or
mad. They are **polite** and **respectful**.
They are OK with waiting.



Patience is a **superpower**. Why? Things are easier to do when people are calm. Everyone is happier. They have more fun. Being patient helps make your day better. It helps people around you have a good day too.





Sometimes people forget to be patient. They want something to happen right away. They do not want to wait. When people are not patient, they can get mad and **frustrated**. Grown-ups can feel this way too!





Getting upset does not help. It does not make things go faster. It can make other people upset. It can hurt their feelings. Try to **relax** your body. Close your eyes. Take slow, deep breaths. Take a break. Then you will feel better.

Patience at Home

You can be patient at home every day.
Is your sister talking on her phone?
Do not **interrupt** or bother her. Wait
until she is done before you talk to her.



It's time for dinner! Maybe you want to eat dessert right away. Remember to be patient. Eat your meal, then sit quietly. Wait until your family is done eating. Then you can all enjoy dessert at the same time.

