

# I Can Be PATIENT

By Regina Alvarado







SET THEME:

## I Can Manage Myself and Set Goals

### Build Social and Emotional Intelligence

Use the following tips to help children develop patience:

- Discuss the reasons for why some things take time or why it is important to wait sometimes.
- Have a time-keeping device or visual tool to help children understand how much time has passed/still needs to pass.
- Acknowledge and praise children when they are patient (e.g., "Thank you for waiting . . .").

**Executive Editor:** Kellie Cardone  
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## How to Read This Book with Children

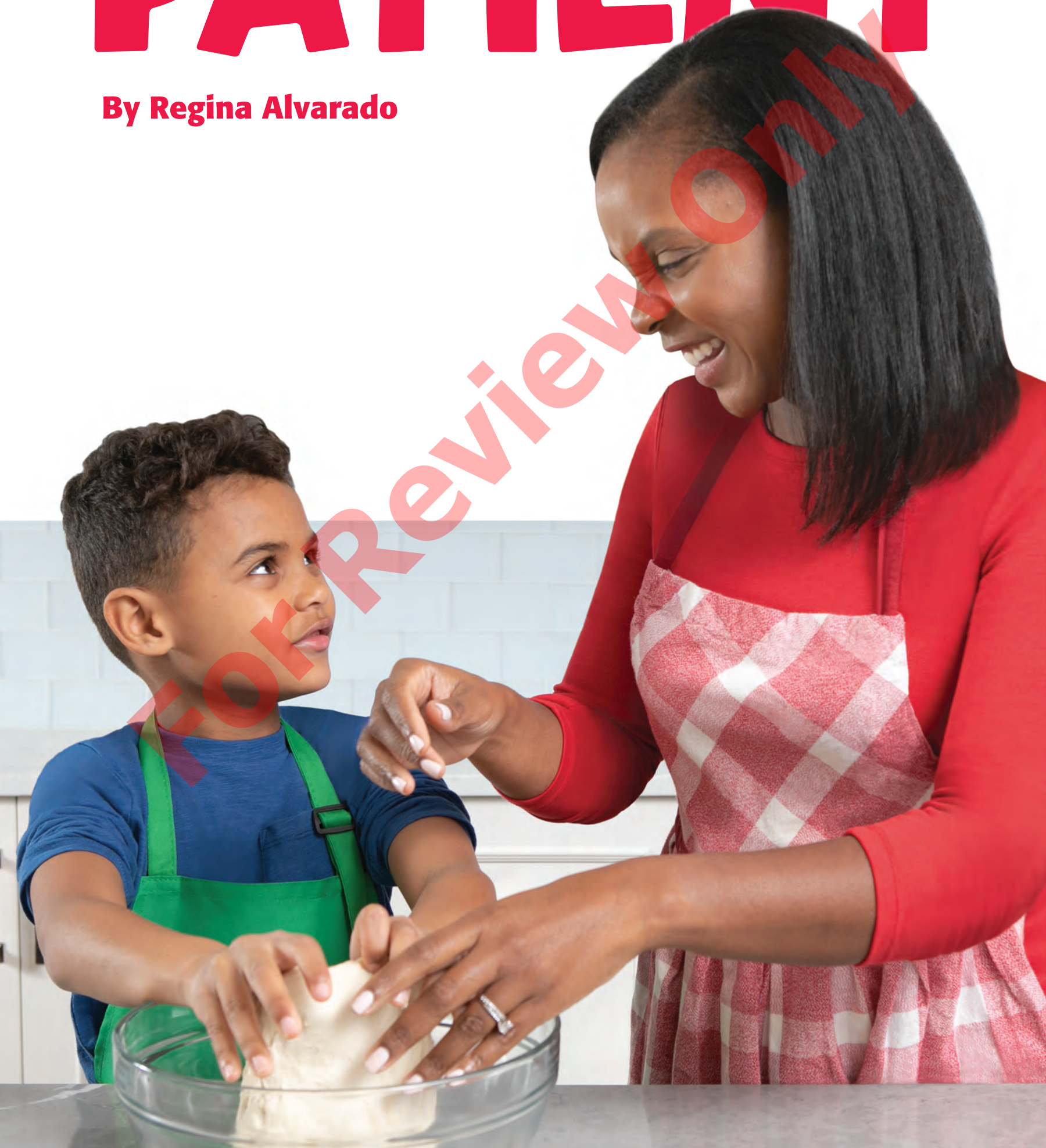
- 1 Read aloud the title. Discuss what it means to be patient.
- 2 Read aloud the book with children.
- 3 Talk about the importance of being patient and waiting for things we want.
- 4 Ask children to describe what Dash learns over the course of the story.
- 5 After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6 Guide children to connect to the story to their own experiences.





# I Can Be **PATIENT**

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“What are we having for dinner, Mom?”  
asked Dash.

“We’re having homemade veggie and  
pepperoni pizza,” said Mom.

Dash loved pizza. He cheered out loud  
in excitement.



“We’re going to have to work together.  
There are many steps to making pizza,”  
explained Mom.





“What do we have to do?” asked Dash.

“Well, we have to make the dough, wait for it to rise, make the crust, add the sauce and toppings, and then bake the pizza, before we can eat it,” explained Mom.



“That sounds like a lot of steps. I don’t know if I want to wait that long,” said Dash. “What if we just order a pizza instead?”





“It *is* a lot of steps. But if we’re patient and work together, I’m sure we can make a great pizza. Remember how much fun you had last time we cooked together?” Mom asked.



**Step 1**





*Cooking with Mom can be fun, thought Dash.*

“Okay, but can I make the pizza crust?” asked Dash.

“Of course! Now let’s get started,” said Mom.

**Step 2**



**Step 3**



**Step 4**



**Step 5**

