

# Patience

*Being calm when facing challenges; not acting hasty or impulsive.*

## Dear Parents,

This month, our school's focus will be on patience. Children are born impatient as a necessary survival skill, which is why they cry for food and

attention. As children age, developing patience is an important life skill to master in order for them to adapt when their needs aren't immediately met, and to later develop the understanding that it takes time to reach goals.

Patience is an integral part of martial arts. Children and adults learn patience as they take time to master new skills, wait their turn and overcome obstacles. Every one of our students has exhibited patience as they have progressed to reach their goal of the next belt rank.

## What can parents and caregivers do to help their children develop patience?

**Explain when you are being patient.** When your child is in the car with you and traffic is heavy, you could say, "Although I would like the traffic to move faster, having patience is so much healthier than losing my temper, especially since this is something I have no control over. Besides, the upside is I have more time with you."

**Praise your child's patience.** Find the times when your child is being patient, e.g., waiting for a toy, waiting in line or waiting until you are off the phone.

**Don't give in to impatience.** Temper tantrums are no fun, but they are a part of the two-year old behavior. However, as children age, those tantrums should be fewer. If one pops up, remind the child firmly that they cannot always have what they want or when they want it.

**Create down time.** In today's fast-paced world, children no longer have time to relax. Incorporate quiet projects into your weekly chaos. Reading, doing puzzles, playing board games, walking in the park, biking and watching an incredible sunset are a few activities everyone can enjoy.

## This month our weekly lessons will cover:

### Week One:

"Everything comes gradually and at its appointed hour."

*Ovid*

### Week Two:

"Patience is the ability to idle your motor when you feel like stripping your gears."

*Barbara Johnson*

### Week Three:

"Have patience with all things, but chiefly have patience with yourself."

*St. Francis de Sales*

### Week Four:

"Only those who have the patience to do simple things perfectly will acquire the skill to do difficult things easily."

*Johann Friedrich von Schiller*

