

## Patience

### APRIL 2024



#### SAY IT:

Hold a contest with your family members to see who can say the definition the fastest.

*Patience: Waiting until later for what you want now*

#### KNOW IT:

##### ASK A GROWN-UP:

- Can you think of a time in your life when you had to wait a long time to get what you wanted? When you finally got it, was it worth the wait?

##### ASK A KID:

- What's something you really want right now, but you know you have to wait for it? Is it difficult to wait patiently?

#### SEE IT:

There's a popular psychology experiment that demonstrates the difficult task of having patience. The concept is simple. A child is given a marshmallow and told that they can eat the marshmallow now, but if they wait ten minutes they would get to eat two marshmallows. The reactions of the children are often quite amusing as they face the challenge of delayed gratification. Check out this video and see some funny reactions as some kids struggle to have patience: <https://www.youtube.com/watch?v=g75lwNUpUQg>. As many of us know from experience, sometimes it is hard to have patience. As an ancient proverb reminds us, "Patience is not the ability to wait, but the ability to keep a good attitude while waiting."

#### BE IT:

Let's try a little challenge of our own. Find a quarter and put it in a cup or bowl of water and put it in the freezer. Once the cup of water is completely frozen, take it out and get ready to let it thaw. Here's the catch- you have to watch the contents of the cup the entire time while it is melting. Once it has melted, you get to spend the quarter. Some other variations could be to freeze some Kool-Aid, Coca-Cola, or other favorite drink and the challenge is to watch it melt before you get to drink it. Be creative and come up with some other experiments to practice patience.

# PHASE

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It may seem like there is never enough time to get everything done.

Consider using the rhythm of your daily life to shape the values in your home – take advantage of the time you already have:

## Morning Time:

Be a coach. Help them find purpose by starting the day with encouraging words.

## Drive Time:

Be a friend. Talk about life during informal conversations as you travel.

## Meal Time:

Be a teacher. Have conversation while you eat together.

## Bed Time:

Be a counselor. Strengthen your relationship at the end of every day with heartfelt conversations about feelings.

**So don't miss it.** Use the time you have (without technology or distractions) to deepen relationships and encourage values in your home.