

PRACTICE PATIENCE

Time to play

Red Light, Green Light

Materials: Worksheets, tape to indicate start and finish lines

Directions: Read the worksheet, complete the activity and discuss with the Group.

When our special person returns home, we have to adjust to having them home again. Why? Because we got used to them being away instead of being here. This adjustment requires patience.

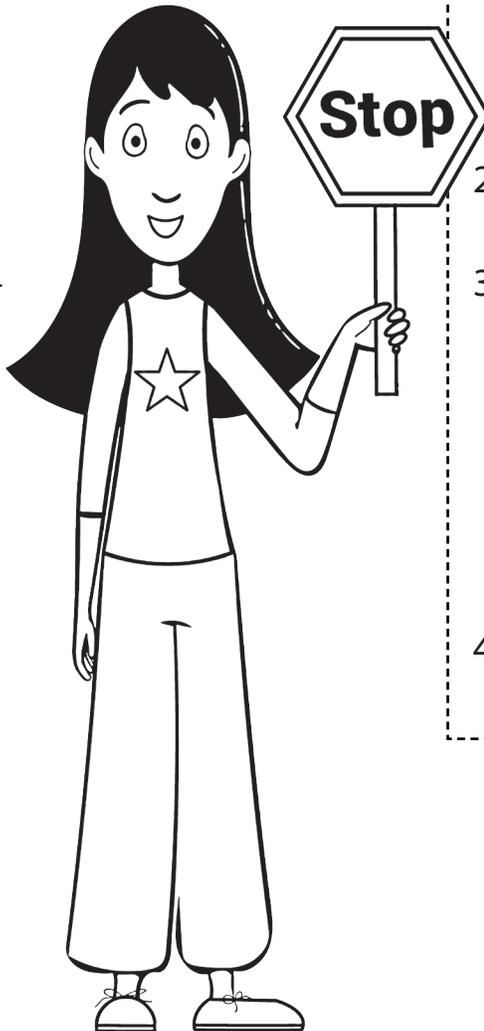
What is patience? Patience is the ability to accept or tolerate things without getting upset or angry.

Patience can be very difficult, especially when you really want something. Think about when you want a certain toy or game, for example, and your parents say you have to wait until your birthday. That can be really frustrating.

Let's play an activity of Red Light, Green Light to help us practice our patience.

After a few rounds, we'll discuss what it was like to be patient during the activity and wait for the traffic cop's directions.

Let's get started!



ACTIVITY INSTRUCTIONS

- 1 Choose one person to be the traffic cop. The traffic cop will decide how players move during the activity. For example, the traffic cop can have players bunny hop, or slither like a snake, or jump like a frog.
- 2 The other players will stand on the starting line.
- 3 When the traffic cop says "green light," the players will move toward the finish line.

When the traffic cop says "red light," the players must stop immediately. If you're still moving when the traffic cop says "red light," the traffic cop will send you back to the starting line.

- 4 The first player to cross the finish line wins and becomes the new traffic cop.

