

# Handling Waiting

## Social Emotional Learning

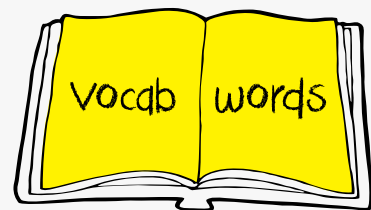
**Project and Purpose:** Students will discuss, devise and practice strategies to help them handle waiting.

**Essential Question:**

What imaginative things can I do while I am waiting... that don't include an electronic device?



A small object that can safely be passed around the circle



waiting

handle

**Room Set up:** Open space to form a circle.

PreK-2

# Introduction

Teach the Waiting Chant:

## The Waiting Chant

I'm waiting, I'm waiting, what could I do?  
I'm waiting, I'm waiting,  
What would you do?

## Direct Instruction (I do)

1. Talk about how there are many times you have to wait. Give your daily examples: in the grocery line, in the carpool/bus line, in the water fountain line, etc.
2. Explain how you like to keep your mind and body busy while you are waiting **WITHOUT** taking out a cell phone or an iPad or anything with a screen.
3. Tell students you are going to show three things you do without a screen device when you are waiting. Say you will demonstrate, and they will describe.
  - a. Stand (as you are able) and breathe deeply.
  - b. Sit and read a book/magazine.
  - c. Slowly look around with intention at your surroundings and without speaking, react to things with your facial expressions (e.g., look out the window and notice a bird that makes you smile; look at the bookshelves and wonder what that book is about). Later, discuss with students what you were thinking while looking.

## Guided Exploration (We do)

1. Teacher asks the students to sit together in a circle.
2. Teacher explains that the class needs a list of ideas of what to do while waiting... that doesn't involve any electronics!
3. Teacher begins the list with examples from the demonstration. **Note:** Some suggestions might include: make up a story using something that you see around you; see how high you can count; choose a color and name everything you see in that color; sing a song in your head; deep breathing; play I Spy.

## Independent Practice (You do)

1. Play the Waiting Game.
  - a. Pass an object carefully around the circle as the group says the Waiting Chant.
  - b. At a random time (not necessarily at the end of the chant to keep the students on their toes), say, "WAIT!"
  - c. Whoever has the object chooses one of the "Things to do while waiting" from the list and does the activity.
  - d. Teacher can interrupt the student at any time and say GO! The students begin passing the object and saying the chant until the teacher says WAIT!
  - e. Continue the Waiting Game until everyone has had a turn or until time for the game has ended.

## Conclusion/Reflection

Ask students to summarize the activity from the lesson, and ask them to think of time they can use these ideas in the school day or in their daily lives. Ask them to report back about what imaginative things they did while waiting... that did not include an electronic device.

**Suggested reading:** The Aesop fable *The Boy and the Filberts*

**Kindergarten:** *Waiting* by Kevin Henkes; *Waiting for Snow* by Marsha Diane Arnold; *Waiting Is Not Easy!* by Mo Willems

**Grades 1 and 2:** *Are We There Yet?* By Dan Santat

Notes:

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## Personal Reflection

Draw and write about a time in your day that you have to wait. How do you feel? How could you practice being patient while you wait?

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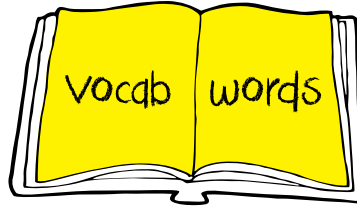
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## Vocabulary Definitions

### wait (v)

- Definition: to remain inactive or in a place of readiness, expecting something to happen; to pause or delay.
- Context: We had to wait 15 minutes for the movie to start.

### handle (v)

- Definition: manage a situation or problem.
- Context: Abby calmly handled waiting for the package to arrive from China.