

# Character and Life Skills: **Patience**

## Lesson Title: **Step by Step**

Grade Level: **3-5**



### Project and Purpose

Students set a personal goal and work with a partner to identify the necessary steps in achieving that goal.

### Essential Question

Why is patience important in achieving our goals?

## Materials

- Pens, pencils
- Paper
- SmartBoard or White Board
- **Step by Step** worksheet

## Procedure

### Introduction

1. Begin this lesson by asking students: What is a goal? How do we achieve our goals? Why is it important to be patience when working toward a goal? **Note:** See vocabulary section.
2. Tell students that today they will be setting a personal goal and talk with them about the importance of patience when working toward that goal. Students will work with a partner to determine the steps they should take to help achieve their goals.

### Direct Instruction (I do)

1. Share with the class a personal example of a time when you exercised patience while working toward a goal.
  - Ex. Becoming a teacher, running a race, saving up for a trip, etc.
2. Explain the steps you took to achieve your goal and the feelings you experienced as you worked toward success.

## Guided Exploration (We do)

1. Begin a class discussion about goal-setting by asking your students to define the word patience. Use the following questions as a guide:
  - Is it easy or hard to be patient? Why?
  - What are some times you need patience?
  - Do you consider yourself a patient person? Why or why not?
  - When is it good to be patient?
  - Why is it important to be patient when working toward a goal?
2. Divide the Smart Board or White Board in half and record student definitions of “patience” on the left-hand side. On the right-hand side, draw 4 boxes using the format you see on the **Step by Step** worksheet:
  - Label the first box “My Goal”
  - Label the second box “Step 3”
  - Label the third box “Step 2”
  - Label the fourth box “Step 1”
3. Continue the discussion on goal-setting by filling out the chart on the right side of the board using a goal that you choose.
  - Ex. Learning to play tennis, writing a book, etc.
4. Together, discuss and choose at least three steps that one must take in order to reach the goal. Record the steps in the appropriate order on the board.
5. Repeat the question: Why is it important to be patient when working toward a goal?

## Independent Practice (You do)

1. Ask your students to share some personal goals they would like to achieve by the end of the school year.
2. Record some of their ideas on the board (be sure to point out any goals that would be very difficult or impossible to achieve in the allotted amount of time).
3. Divide students into pairs and distribute one copy of the **Step by Step** worksheet to each student. Explain to your students that they will choose one personal goal to achieve by the end of the school year and work with a partner to decide what steps they will need to take in order to achieve their desired goals.
4. Allow time for pairs to discuss their goals and record on their individual **Step by Step** worksheets the steps needed to achieve their goal.
5. Ask the group to consider how patience will help them reach their goals.

## Conclusion

After they complete their worksheets, instruct several students to share with the class their plans for reaching their personal goals. Use this opportunity to ensure that your students have selected goals that can be achieved in the allotted amount of time. Post the worksheets around the room so students can be reminded of the goals they have set for themselves. Ask students how they are going to use what they have learned about patience to help them achieve their goals.

Throughout the year, repeatedly check in with your students to monitor their progress toward achieving their goals. Consider asking the following questions as you discuss their progress:

- Has it been difficult for you to remain committed to achieving your goal?
- How have you exercised patience as you work toward your goal?
- What obstacles have you encountered while trying to achieve your goal?
- Do you believe you will achieve your goal?

## Vocabulary

### achieve (v.)

**Definition:** to succeed in doing something good, or getting the result you wanted, after trying hard for a long time

**Context:** Brad worked hard to achieve his goal of learning all of his multiplication tables so he could advance to the fourth grade.

### goal (n)

### patience (n.)

**Definition:** calmly working and waiting; not complaining; the ability to wait calmly, accept delays or continue doing something difficult for a long time, without becoming angry or anxious

**Context:** Learning to play the violin requires years of practice and an enormous amount of patience.

### personal (adj.)

**Definition:** emphasizing that something is done, known or experienced by oneself

**Context:** One of Alvin's personal goals is to climb Mount Everest when he is older.

## Teacher Notes

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# Character and Life Skills: **Patience**

## Activity: **Step by Step**

Grade Level: **3-5**

Student Name \_\_\_\_\_

### Directions

1. Select a personal goal that you would like to achieve before the end of the school year. Remember that your goal should be realistic. Record your goal in the first box.
2. Working with a partner, choose three steps that you must complete in order to achieve your goal. Keep in mind that some of your steps may be combined or related.
3. Record each of the steps in the boxes below, working from Step 1 to Step 3. Be sure that all of the steps are ordered correctly.

**My Goal: This year I want to achieve...**

**Step 1:**

**Step 2:**

**Step 3:**