

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: SELF-MANAGEMENT

SOCIAL SKILL: WAITING PATIENTLY

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BOOK INFORMATION

Book title: *Waiting is Not Easy!*

Author: Mo Williams

Publisher and date of publication: Hyperion Books for Children, 2014

ISBN: 978-1-4231-9957-1

Number of pages: 57

Reading level or interest level: K-2

BOOK SYNOPSIS

Piggie tells Gerald that there is a surprise for him. Gerald gets really excited and asks Piggie about the surprise. Then he finds out that he has to wait for the surprise. He groans, but then decides that if he has to wait, he has to wait. He eventually gets sick of waiting and groans and proclaims that he is done waiting. But then changes his mind and says he will wait. Piggie tells him that it will be worth it. Gerald groans and realizes that it is getting darker and he won't be able to see anything soon. He starts yelling that he has wasted his whole day waiting! Piggie tries to get Gerald's attention but Gerald is in a tirade and yelling that there is no reason for all this waiting. Then Piggie points up and Gerald sees the stars light up the sky. Gerald exclaims that it was worth the wait. He tells Piggie that he is going to show Piggie a surprise (the morning sunrise). Piggie says that she can't wait.

This book would be good for a student who is struggling to delay gratification or gives up on something meaningful because it requires patience or hard work. We all need to have more patience, because some things are worth the wait.

LESSON OBJECTIVE

The goal of this lesson is for students to understand that good things are worth waiting for. Although having patience can be difficult, it pays off. Patience is a virtue.

LESSON MATERIALS AND ADVANCE PREPARATION

All ages: Wrap a present---or use a gift bag----Decide on a present that is appropriate for your class and place this gift/coupon in the gift bag or wrapped box. Examples might include the following: candy, a coupon for a popcorn party, a coupon for extra recess time, a coupon for 10 minutes of free time, a fun game to play, a great book and daily time for the teacher to read with the class, etc.

Optional activity for 4-6th grade students: paper and pencil for each student

KEY VOCABULARY AND CONCEPTS

Patience: the ability to accept or tolerate delay, trouble, or suffering without getting angry or upset

PRE-READING ACTIVITY

Show the book's cover.

Explain to the students that this book is called '*Waiting is Not Easy*.' The character on the book cover is Gerald.

- How do you think Gerald is feeling?
- How can you know what he is feeling?
- What kind of thoughts do you think he is having?"

READ THE BOOK

POST READING DISCUSSION

- What clues did Piggy show Gerald that the surprise was worth waiting for?
- What eventually happened each time after Gerald said that he was willing to wait?
- How did Gerald's body language change during this story (start to finish)?
- What would have happened if Gerald had not waited for the surprise?
- Was the surprise worth the wait?
- How do you think Gerald will respond next time when he is asked to wait for a surprise?
- What do you do usually do when you are waiting for a surprise, such as a gift?
- How can we learn to wait more patiently?

POST READING ACTIVITY

All ages: Bring out a gift/gift bag with a preferred treat/activity inside (candy, something symbolizing extra recess, the class's favorite book, etc.) and have the class gather round. Share that this present is something they will like and that you are excited to share with them. Ask them where they feel the excitement in their body and what kind of thoughts they are having. Then tell them that the present is for later in the day. They all have to wait.

Again, ask them what they are feeling and where in their body they are feeling it.

What thoughts are they having?

What do they think the gift might be?

Explain that sometimes when we have to wait, we feel uncomfortable and we may believe that the wait is forever. Have them do some deep breaths with you.

As a group come up with a class mantra to help them be patient. Consider are the following: I can be patient. I am able to wait. Patience is a virtue. It is worth the wait. Good things come to those who wait.

Throughout the day, use this mantra with the students as a group. Also remind students to use it individually, as needed. When the time is appropriate, share the gift with the students. Throughout the week, when students struggle to have patience, remind them to take a breath and say the class mantra to themselves.

Optional activity for 4-6th-grade:

Write a paragraph or two about a time where you had to wait for something, such as a gift, a special occasion, a vacation, or seeing someone that you love.

- What was difficult about it?
- What did you do to handle your impatience?
- In the end, was it worth waiting for?
- Would you do anything different in the future to better handle your anticipation?

Ask for a few volunteers to share their experiences with the class.

CLOSURE

Wrap up the lesson with a few statements fortifying the lesson's objectives. Challenge students to set a goal related to the lesson's objectives. During the week, check in with students to monitor progress towards meeting their goal. Post a visible reminder of the lesson's main objective (poster is included in this lesson plan).

It is difficult to wait for something, but as we practice being patient, we become better at being patient. Oftentimes we have the option of walking away, but we might miss out on something that is really worth waiting for. In the meantime, focus on other things, such as reading a good book, drawing, focusing on relaxation (breathing deep breaths and breathing out slowly), and focusing on other feelings in your body. Engaging in other activities helps time to pass more quickly.

Good things are often worth waiting for.

Although having patience is difficult, being patient pays off.



Patience is not about waiting, but the ability
to keep a good attitude while waiting.

--Anonymous--