

March 2018 | SEA TURTLE

PATIENCE

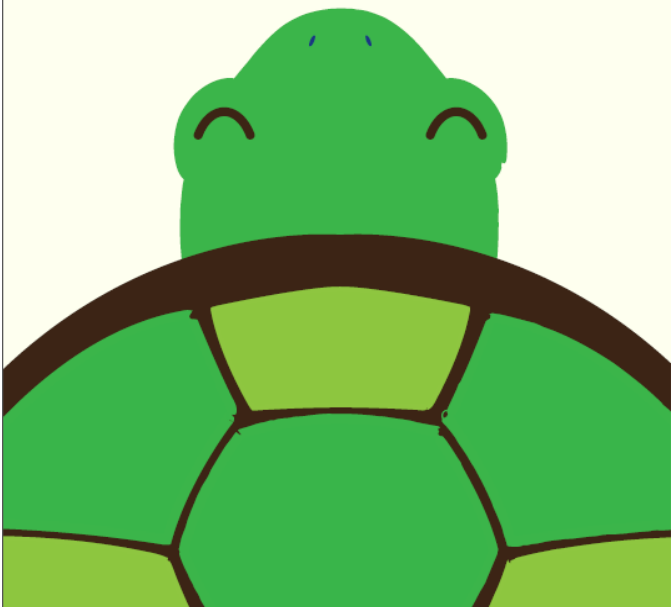
Waiting until later for
what you want now

march 2018

PATIENCE // SEA TURTLE // IVORY

Ivory is a neutral, off-white color, thought to be relaxing and calming. It has a softer, warmer tone than white and is considered elegant. An “ivory tower” suggests a place of thoughtful solitude and sanctuary, perhaps removed from reality. Brides often choose ivory dresses over white, as ivory complements any skin tone. The color ivory is quiet, pleasant, and understated.

PATIENCE: Waiting until later for what you want now.



march 2018

PATIENCE

SEA TURTLE

IVORY

NEWSLETTER

SAY IT:

Patience is waiting until later for what you want now.

KNOW IT:

Ask a kid:

- Have you ever had to be patient and save up your own money from your birthday, Christmas and other occasions to afford a new toy instead of buying it right now?
- Can you think of a time that you had to be patient on a long car ride or waiting in a long line at a store?

Ask a grown up:

- What are some things that have happened to you that required a lot of patience?
- Share a time within the last week that you have

SEE IT:

Visit any **daycare center or preschool** and you will witness patience. Teachers and caretakers of young children must exhibit an enormous amount of patience because babies and young children have to be taught everything from speaking words, to recognizing their name to using the bathroom. Trial and error occurs often at this stage of development; therefore, the individuals working with these children have to be patient and persistent in teaching.

BE IT:

As a family, jot down some examples of times that you become impatient. Examples might be:

- When the Internet is slow on my tablet, phone, computer, etc.
- When I am driving/riding in the car and the person in front of me is going too slow
- When I am in a hurry to get somewhere

After you have written down examples, think of ways to practice patience in those specific circumstances (take deep breaths, force yourself to slow down, remind yourself that impatience rarely gets others to move faster, etc.).

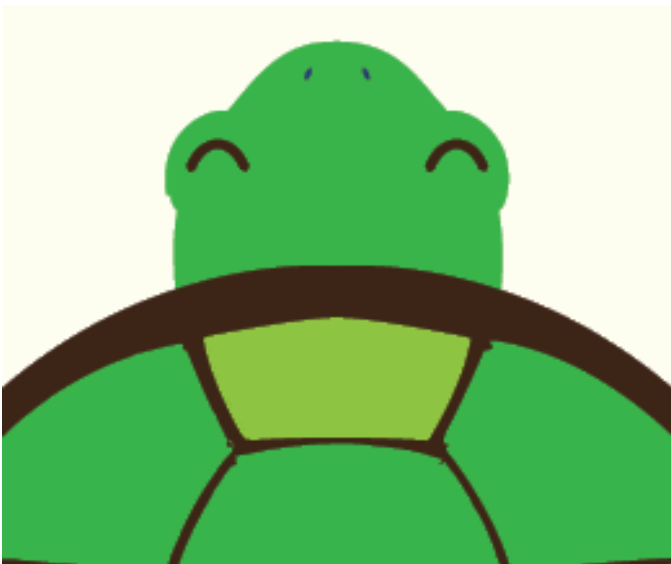




march 2018

PATIENCE // SEA TURTLE // IVORY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



MARCH 2018

Announcements

PATIENCE // SEA TURTLE // IVORY

Day 1:

Our value this month is patience. Patience is waiting until later for what you really want right now. All this month, pay attention to the times when you have to wait for something that you really want now.

Day 2:

One of our Big 3 is Treat Others Right. Being patient can be tough, and may even make us grouchy. Have you ever been grouchy when you want something and have to wait? How can you think of treating others right the next time you need to be patient? Can you show others they are important while you wait?

Day 3:

Our animal this month is the sea turtle. There are seven species of sea turtles. The smallest species is the Kemp's Ridley weighing between 80 and 100 pounds. The largest is the Leatherback which can weigh over 1,000 pounds. Sea turtles spend their whole lives in the ocean, only the females going ashore to nest. They can swim great distances as they migrate. One such distance is from Japan to Baja, California and back again. Swimming that far surely takes a lot of patience!

Day 4:

Elephants have tusks made of ivory and they are ivory colored. These tusks require a lot of patience, as it takes many years for them to grow to their full length. Elephants aren't the only animals with ivory tusks or teeth. Other animals with ivory tusks are the hippopotamus, the narwhal and walrus.

Day 5:

Jean-Jacques Rousseau wrote, "Patience is bitter, but its fruit is sweet." Think about a time when you had to wait your turn. Maybe you were playing a game or even waiting in a restaurant for food. When you are really hungry, it is hard to be patient. Being unkind or grumpy doesn't make things happen any faster, it just causes others to feel bad. Next time you are hungry and don't want to be patient, close your eyes and count or just take long slow breaths to help you relax. Your food will taste better if you are relaxed!

Day 6:

Sea turtles can withstand great water temperature changes. They can live in water that is around 40 degrees or water that is much warmer. They can be found as far north as Alaska and as far south as Chile in South America. Mother sea turtles lay their eggs on the beach where they themselves were born, which may be a long distance away, requiring commitment and patience to do.

Day 7:

Writer Joyce Meyer once said, "Patience is not simply the ability to wait, it's how we behave while we are waiting." Have you ever watched a child who is tired of waiting for something, or whose parents aren't giving them what they want? Sometimes they lie on the floor and scream and kick their feet. They are not behaving very well while they wait. As we get older, we should get better at being patient because we can think of different ways to occupy our minds or hands while we wait. Even if you are a kindergartener, you can think of ways to be patient.

Day 8:

One of our Big 3 is Make Smart Decisions. How can being patient be a smart decision? When in your life has waiting for later been a good idea? Patience is waiting until later for what you want now.

Day 9:

Have you ever wanted something so badly that you were counting the days until you got it? Looking forward to something is a good feeling, but sometimes, if it is too far away, it is not a good feeling. Maybe you are looking forward to Spring Break or summer vacation. Don't forget to appreciate each day in the meantime. Sometimes we are so busy looking forward to a day in the future that we don't take advantage of today and enjoy it. Think about all the good things in your life, and that will make today a very good day!

Day 10:

Have you ever planted a seed? Gardening is a great way to practice patience. After you plant the seed, it is very tempting to want to see a flower or plant very soon, but sometimes it can take months to see what grows. While you are waiting for something, try to picture a seed slowly growing into a beautiful flower.

Day 11:

The Persian poet, Saadi, wrote, "Have patience. All things are difficult before they become easy." Think about something you can do now that you couldn't do before. How long did it take you to get good at it? Maybe it was riding a bike, swimming, or playing an instrument or sport. You probably wanted to give up when you first started learning, but aren't you glad you didn't? It takes thousands of hours of practice to get really good at something. That takes a lot of patience!

Day 12:

Every two years, a female sea turtle returns to the beach of her birth to lay eggs. Nesting season dates vary by location. In the Pacific Ocean, female loggerheads travel 12,000 km (7500 miles) between feeding grounds in Mexico and nesting beaches in Japan. Imagine the patience it takes to swim that far! The mother digs a nest on a gentle slope and deposits 80 to 120 eggs, resembling ping pong balls, in the depression. She covers them with sand. She lays about five clutches per season. After 50 to 60 days, hatchlings emerge.

Day 13:

Think about someone in your life who has shown patience. It could be one of your parents, a teacher, a coach or someone else. Maybe the person was trying to teach you something new and it took you a while to catch on. Think about how it might have felt for them, waiting for you to get it. Now that you have that person in mind, how could you thank them? Could you tell them face to face, could you text or email? Maybe you could write a note or letter to that person thanking them for when they had patience with you. Let them know today how much you appreciate their patience.

Day 14:

Saint Francis de Sales is known for saying, "Have patience with all things, but first of all, yourself." Do you get impatient with yourself? Maybe you get upset with yourself when you haven't accomplished a goal that you set for yourself. Do you think the goal was reasonable? Sometimes setting shorter, more reachable goals will help you succeed and feel better about yourself, and then you can set more goals. Give it a try.

Day 15:

Baby sea turtles make a dangerous, mad dash for the sea by moonlight. Many become meals for other animals. The young turtles drift in the sea, possibly hanging on to floating seaweed. Between the ages of 7 and 12, they migrate toward coastal areas. They are fully mature at 35 years old. Much of their life at sea is a mystery, but they are thought to live 60 years or more. These animals have to be patient in so many ways throughout their long lives.

Day 16:

Have you ever heard the phrase, "A person who masters patience, masters everything." Do you agree or disagree? How might mastering (or being good at) patience make you good at everything else?

Day 17:

If you could draw a picture of patience what would it look like? Is it a picture of someone waiting for a bus? Someone waiting for his or her turn with a toy? Close your eyes and picture yourself being patient today. What will you wait patiently for? What will you do with your body while you wait? What will you think of?

Day 18:

One of our **Big 3** is Maximize Your Potential, or do your best. Can you do your best if you are not patient? Based on what you have learned this month about patience, why is it important to be patient if you want to do your best?

Day 19:

Think of something that you really want now. Can you be patient enough to wait until later for it? What new skills have you learned this month that you can try out to help you be patient?

Day 20:

One technique to try when you have to wait for something is to make a game of it. If you are on a long car ride, you can make a game out of looking for letters in signs by the road. You could sing songs or tell stories with your family members. Some of these games or ideas could be used when you are waiting your turn in line or waiting for a table at a restaurant.

<https://www.youtube.com/watch?v=qgeuCgODgv4&app=desktop>

Title: Sesame Street: Zac Efron and Elmo - Patience

Length: 1:42

Grade Level: K-2

<https://www.youtube.com/watch?v=5nbSEn8MNlg&app=desktop>

Title: Patience Virtue Video

Length: 2:47

Grade Level: K-5

<https://www.youtube.com/watch?v=cmpINEul5nk&app=desktop>

Title: Patience Is a Virtue (Day Out With Thomas Version) Music Video

Length: 3:31

Grade Level: K-2

<https://www.youtube.com/watch?v=WuOGPnx-T8E&app=desktop>

Title: Patience Song

Length: 2:34

Grade Level: K-2

<https://www.youtube.com/watch?v=MniS2ptF0DU&app=desktop>

Title: JellyTelly Kids Talk - Patience

Length: 0:50

Grade Level: K-2

<https://www.youtube.com/watch?v=uh4dTLJ9q9o>

Title: Lava (From "Lava" (Official Lyric Video)

Length: 5:44

Grade Level: K-5

https://www.youtube.com/watch?v=XsC2W587_Fc&list=PLSMZDoMBob75wIDcVk9c2yedtkgYID-1g&index=1

Title: Sesame Street: The Waiting Game with Guy Smiley!

Length: 4:44

Grade Level: K-2

<https://www.youtube.com/watch?v=puPzcsMeJMI&list=PLSMZDoMBob75wIDcVk9c2yedtkgYID-1g&index=11>

Title: I Can Be Patient Song: Sesame Street: Little Children, Big Challenges

Length: 1:21

Grade Level: K-2

<https://www.youtube.com/watch?v=NyU3BG0jRWw&list=PLSMZDoMBob75wIDcVk9c2yedtkgYID-1g&index=57>

Title: PBIS video of "Waiting Your Turn."

Length: 1:55

Grade Level: K-2



march 2018

PATIENCE // SEA TURTLE // IVORY

Waiting until later for what you want now.

“ *Always remember that the future comes one day at a time.*

— *Dean Acheson*

“ *Time is the wisest counselor.*

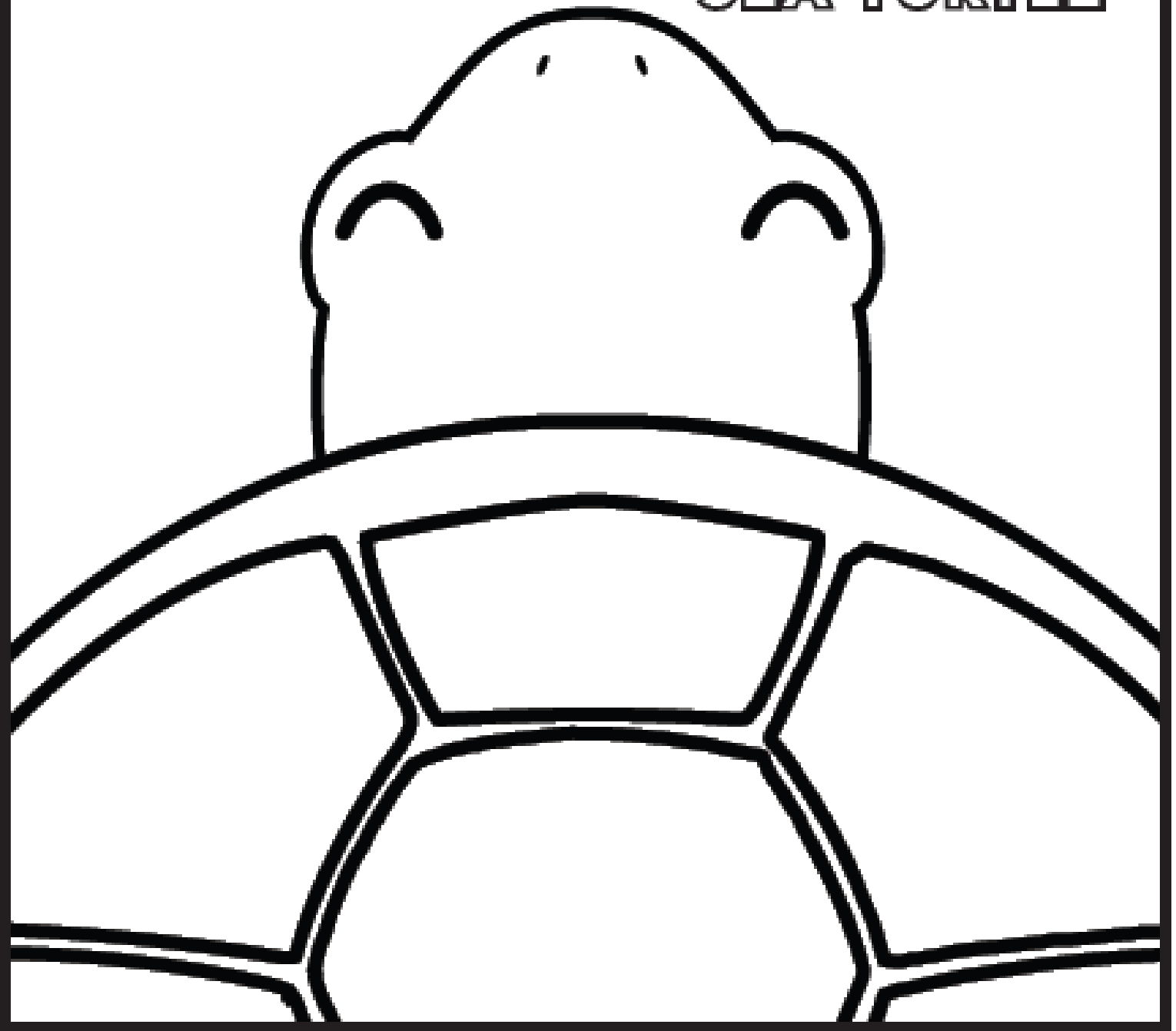
— *Pericles*

“ *If I have made any valuable discoveries, it has been owing more to patient attention, than to any other talent.*

— *Sir Isaac Newton*

March 2018

SEA TURTLE



PATIENCE

Waiting until later for what you
want now



CoreEssentials.org
© 2018 CORE ESSENTIALS, INC.
ALL RIGHTS RESERVED