**Ruhi Grade 1**

**LESSON 23 on PATIENCE**

*Slightly modified from Ruhi Grade 1 material*

**Materials: buy peaches and have for the lesson; if you are doing the craft with plants, be sure to have purchased them ahead of time.**

**PRAYERS:**

**Have a few children share prayers and review prayer that they are memorizing.**

**INTRO TO VIRTUE: What Is Patience?**

Patience is being calm and waiting for something without complaining. It is persevering and sticking with it as long as it takes to finish our task. It is being tolerant when difficult things happen. Patience helps us to be gentle with others when they make mistakes. Sometimes two people may want the same thing. When we want a turn, we can tell the other person. We ask him to let us know when he is finished. Then we wait! It will be our turn soon! Patience is seeing the end in the beginning - doing what you can and then calmly waiting, with trust that the results will come. When we are patient, we know that sometimes good things take time.

**Why Practice Patience?**

Without patience, people want everything now. They might plant a seed in the ground and want to eat the fruit right away.  They have trouble doing things now, which will have a result later, such as a project that takes a lot of work, or going to school so that someday they can be a doctor or an artist or an engineer.

Without patience, people can't stand to wait for anyone and fuss the whole time, which makes them and everyone else even more upset.  When people are impatient, they act mad and irritable when things don't go their way or other people make mistakes.

When people practice patience, they do things now that will bear fruit in the future. They plant seeds so that later flowers, vegetables and trees will grow.  They study subjects that they will put to use ten years from now. When people are patient, they don't whine, complain or criticize.  They forgive other people and themselves.  They make the world a kind and gentle place, and other people feel safe around them.

**How Do You Practice It?**

You practice patience by accepting things you cannot control. Even if you feel impatient, you act calm and accepting while waiting for someone who is delayed.  You have faith that things will turn out all right in the end.  A sense of humour helps!

When you practice patience, you surrender to something that you have to endure, like an illness that will last a certain time, or a handicap you may always have, instead of fighting it and getting mad about it.  You are gentle with others when they make mistakes, and you are gentle with yourself too.

Patience helps you to stick to something you are trying to do, even when it gets difficult or tiresome.  You persevere until it is finished, even if there is no reward for all your work until the very end.  You are willing to set goals for your future, knowing that it is really worth the effort.

Patience is having goals and picturing the end in the beginning.  Trust in God can give you patience - a quiet hope that can get you through the hard times.

**(YOU CAN HAVE THE CHILDREN ROLE PLAY THE FOLLOWING SCENARIOS and what they would do)**

**What would patience look like if...**

* Your mother is very late picking you up and you have been waiting a long time?
* You decide that you want to be a doctor when you grow up?
* You want to grow some vegetables in your garden?
* You start to get annoyed when your sister forgets to put back something she borrowed from you?
* You wish you were taller?
* You have an illness that keeps you from playing your favorite sport?

(From the Virtues Guide by Linda Kavelin Popov)

**SONGS:**

Patience  (in Ruhi Grade 1 material and also online at [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under this lesson)

Your legs are getting tired

And the road is very long, long, long

You want to give up trying

And the sun is beating strong

No sense gettin’ impatient

It’s useless if you cry

If you take it step by step

The time goes rushing by

**CHORUS:**

**Patience is the answer**

**When you’re sad and blue**

**Patience is rewarded**

**It brings happiness to you**

Your brother doesn’t understand

But you’ve explained it more than twice

You really ought to try again

And do your best to be nice

No sense gettin’ impatient

It’s useless to be stern

If you show him kindness

It’s the way to help him learn

**CHORUS**

You want to do much better

But still you don’t succeed

You wonder why make an effort

And where it all will lead

No sense gettin’ impatient

It’s silly to do less

If you keep on striving

You’ll eventually progress

**CHORUS (with last two lines repeated)**

**Patient Under All Conditions Song** (The Family Learning House, Children’s Virtues Songs- School Age CD)

“I will be patient, patient under all conditions. When I want to use the same toy as my friend, I say, you go first, I can wait, wait, wait! I will be patient, patient under all conditions. When I want to use the same crayon as my friends, I say, you can go first, I can wait, wait, wait! Chorus; When I want to read the same book as my friend, I say, you go first, I can wait, wait, wait! Chorus; When I want to drink the same water as my friend, I say, you go first, I can wait, wait, wait! Chorus; When I want to eat the same apple as my friend, I say, you go first, I can wait, wait, wait! I will be patient. I will be patient. I will be patient…under all conditions.”

(Actions: I- point to yourself; patient- cross arms in front of you; patient under all conditions- keep arms crossed and move body from side to side; When I want- point to yourself; to use the same toy as my friend- put hands out in front of you like you have your hands around a toy; you go first-hand pretend toy out to someone in front of you; I can wait, wait, wait- cross arms; crayon- hold index finger and thumb of right hand like you are holding a crayon and move it up and down; then hand pretend crayon to someone in front of you; book- put both hands together in front of you and then open them like you are opening a book; then hand pretend book to someone in front of you; drink the same water- make right hand like you are holding a cup and then put it towards your mouth; then hand pretend cup of water to someone in front of you; apple- put both hands in front of you in a circle- forming a pretend apple; then hand the pretend apple to someone)

**Patience Song** (Becky Muncy, Blueprints for Life CD)

Please be patient x 2

Calmly wait to take your turn

Take a deep breath (do this)

Count to 10 (do this)

It’s a lesson we should learn

Don’t go rushing into something

Tell your Mom before you go

Take a deep breath (do this)

Count to 10 (do this)

It’s a lesson we should know

Please be patient x 2

Calmly wait to take your turn

Take a deep breath (do this)

Count to 10 (do this)

It’s a lesson we should learn

**The Patience Song** (Radha and the Kiwi Kids, Virtues in Me CD)

“We can be patient. We can wait, even if Dad’s a little bit late. We can have fun waiting for Mom to take us home today. Some things take time you see, like planting a seed to grow a tree. That’s how patient we can be while waiting here today. Practicing patience makes me strong, clapping my hands and sing a song, what do we do as we wait a bit longer on the mat today? Twiddle my thumbs! Twiddle my thumbs while we wait x 3 on the mat today. Practicing patience makes me strong, clapping my hands and sing a song, what do we do as wait a bit longer on the mat today? Pat our knees! Pat our knees while we wait x 3 on the mat today; Chorus; Stretch our arms! Stretch our arms while we wait x 3 on the mat today; Chorus; We were patient, we could wait, even though they were a little bit late. While we waited we were GREAT at practicing patience today!”

(Actions: Tap thighs gently to rhythm of the music until it says, practicing patience- cross both arms, makes me strong- right arm showing your muscle, clapping my hands- clap hands twice, sing a song- put right hand up my mouth and wiggle fingers while moving hand upwards; what do we do as we wait a bit longer- put both hands out to the side like you are asking a question, on the mat today- point to the floor; then do actions- twiddle thumbs, pat knees, stretch arms; We were patient- point to yourself, we could wait- point to yourself, even though they- put both hands out in front of you with palms up; a little bit late- bounce hands to the side with palms up; while we waited- point t yourself; we were great- put right arm out and move it to the left; at practicing patience today- cross arms in front of your chest.)

**Patience Song by Red Grammer** (Red Grammer, Be Bop Your Best CD)

“Waiting, waiting, waiting…so hard for me to do! Nothing seems to happen when I want it to. Wishing, hoping, wanting won’t change my misery, so when I get impatient this works for me. I breathe in (breathe in), breathe out (breathe out); wiggle, swiggle my shoulders, shake the crazies all about! (wiggle body) And then I count (1, 2, 3, 4, 5) to 10 (6, 7, 8, 9, 10) and if I’m still impatient I do it all again! Sitting by the telephone, wanting it to ring, getting so impatient I can’t do anything. Water takes a while to boil and bread needs time to rise. Things happen when their ready, there’s no need to traumatize. I breathe in…(chorus) I hate it when somebody makes me have to wait. Nothing makes me crazier then when I’m running late. When I start to lose it and it feels so unfair, patience helps me keep myself from tearing out my hair! I breathe in…(chorus) Waiting at the movies and the ticket line it moves so slowly- hey, this is an opportunity to be PATIENT! My homework special project came out so, so good. I cannot wait to figure out what grade I got! I have to be PATIENT! My birthday is next Friday, I think I know what I am getting for a present. It’s just so hard to be PATIENT! I breathe in…(chorus) 1, 2, 3, 4, 5, 6, 7, 8, 9, 10! Ahhh…that’s better!

**STORY:**

Li Xin was very fond of peaches. They were one of his most favorite foods. Every day, he would bring a peach with him to school and eat it during his lunch break. He enjoyed every bite, but he always threw away the pit, with the seed inside.

One day, Li Xin’s class was learning about seeds. This gave Li Xin an idea. He would plant a seed from his peach and help it grow into a tree! At lunchtime, he saved the pit from his peach and wrapped it in a piece of paper. When school ended, he raced home and asked his father to help him find a place to start growing his tree. His father reminded him that he would have to wait for the pit to dry before he could get the seed out. Still, Li Xin wanted to plant the pit right away. “Li Xin,” said his father, “if you don’t have the patience to dry the pit, how will you have the patience to wait for the seed to sprout?” So Li Xin set the pit out to dry.

A few days later, Li Xin was finally able to crack the pit and pull out the seed. His mother showed him a corner of the yard where the tree could grow big and tall. Li Xin dug a small hole and dropped in the seed, then covered it with a mound of moist earth. He grinned with excitement. His tree was finally on its way!

Every day, Li Xin would visit the mound, hoping to see some sign that the seed had sprouted. But no sprout appeared for weeks, and Li Xin grew disheartened. Seeing Li Xin’s concern, his mother asked him what was wrong. “My seed is not growing,” Li Xin said. “I wonder if I will ever have a tree.” “Well,” said his mother, “this seed has a lot of growing to do. In that way it is very much like you. When you were born, you were just a tiny little thing and all you did was eat and sleep. And now look at you! You are a young boy, walking, talking, and thinking for yourself! This tree may take many years to grow, but, if you care for it well, then someday you will be able to sit in its shade and enjoy its fruit.” Thinking of this, Li Xin grew hopeful again. He knew from his class that a seed had to go through many changes before it could even become a sprout.

Then, one spring day, Li Xin went out to visit the mound, as he always did, and to his great excitement he saw a tiny green sprout poking up through the earth! His tree was growing! He ran to his neighbor, who was a farmer, and told her the exciting news. She gave him advice on how to care for the tree while it was so young and vulnerable, and he listened to her every word, eager to nurture it as best he could. “Soon I will have many peaches to give you as thanks for your good advice,” said Li Xin. But the neighbor just smiled. “Li Xin, do you remember how you had to be patient while you waited for the pit to dry?” Li Xin nodded. “And do you remember how you needed even more patience while you waited for your seed to sprout?” Li Xin remembered this, too. “Well,” said the neighbor, “it will take even longer before your sapling becomes a tree and some time after that before it gives fruit. It could be years before the tree is ready to produce any peaches for you to enjoy.”

And so Li Xin cared for the tree and tended to its needs as it grew from a sprout to a sapling and from a sapling to a tree. Little by little, it grew taller and broader, just as he did. And then one day, as Li Xin returned from school, he saw the tree’s first peaches beginning to emerge where only blossoms had been before. Once again, he felt the joy that filled his heart when the seed had first sprouted. And once again he knew that he would have to exercise patience. For it would be some time still before the peaches would be ready to eat.

After we memorize the quote, we will have a little snack break and eat some delicious peaches!!!

**MEMORIZING QUOTE:**

Patience is one of the most important qualities we can possess. Without patience we can achieve little in this life. In our studies, in our work, in our friendships with others, in our efforts to grow spiritually, patience is necessary. Not all things in life can be done quickly. Many things can only be done little by little, day after day. When we exercise patience, we do not try to hurry those things that require time. We need to be patient with others and ourselves, because we are all learning and growing. To help us in our efforts to acquire patience, let us memorize the following quotation:

**“He, verily, shall increase the reward of them that endure with patience.”**

Endure

1. Laili and her family moved to a far away place. For the first few months, they had many difficulties. But, with the help of their kind neighbors, they were able to endure these difficulties and are now very happy in their new home.

2. Hugh became ill. He was in a great deal of pain, but did not complain. He endured his suffering with patience.

[Other quotes, which you can have up on the wall:

**Buddhism:**The greatest prayer is patience Buddha

**Judaism:**I waited patiently for the Lord; and he inclined unto me, and heard my cry. Psalms 40:1

**Christianity:**Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Colossions 3:12,13

**Islam:**And be patient in adversity: for, verily, God is with those who are patient in adversity. Quran 8:46 (Asad)

**Baha'i Faith:**The sign of love is fortitude under My decree and patience under My trials. Baha'u'llah

Be thou a . . . sea of patience Abdu'l-Baha]

HAVE PEACHES FOR A SNACK

**GAME: “Find the Starter”**

Choose one child to go out of the group. While he or she is gone, the rest of the class picks another child to be “the starter”. All the children then follow the actions of the leader. For example, if he or she claps, everyone else does the same. If he or she starts waving good-bye, so do all the others. The one who was sent out must look carefully and try to discover who the leader is. At the same time, the others are careful not to look at the leader too closely or too much, which would make it easy for him or her to be identified by the one searching.

[Red Light, Green Light: i.e. "freeze" is an alternative that emphasizes patience.  One child stands away from the others who are at a starting line.  When the isolated child's back is turned, everyone sneaks/runs up to them.  That child will turn suddenly (or after yelling "red light"), and see if everyone's frozen.  If any kids are caught moving they have to go back to the starting point. This is repeated until one of the kids gets close enough to touch the traffic light and then it's their turn to be the light. Remind the kids that they are practicing patience during the red lights.]

**ARTS and CRAFTS:**

**Coloring Mandalas**

Designing and coloring mandalas

(or can use a mandala coloring sheet- requires patience to color in fine details and complete)

**Decorating pots for planting seeds**

You can have the children paint pots that they will fill with dirt and plant a seed in, and then water and little by little watch grow. (can give out a small ziplock bag of dirt and a ziplock bag of a couple of seeds to each child)

**Paper collage with quote-** “Be thou a sea of patience”- Abdu’l-Baha. See picture on [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under this lesson for ideas.