**Virtue: PATIENCE**

**Lesson Plan for Children 0 – 3**

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| **This lesson plan is designed to be used multiple times over an entire month. If all the songs in the lesson plan were used in one lesson, the class would be too long! Select songs from the lesson plan that you will use at the first lesson, then in subsequent lessons you can drop a song or two and introduce another you have not yet practiced with the children. Remember, children of this age benefit from repetition.** |

**Open Play (20 minutes) and Parent Discussion:**

Invite children to play with toys- gently guiding and reminding them of the virtues of kindness, love and sharing. While keeping an eye on their children, parents talk about how to support the development of patience in themselves and their families.

* What helps you to be patient?
* How can we support the development of patience in our children?

After about twenty minutes, a song with a Verse about patience is played, indicating that it is almost time to start the formal part of our playgroup.

**The Verse sung is “Be patient under all conditions...”** (From the Virtues in US, 19 Quotations Songs CD, available through ITunes)

Once the song is over, children and parents clean up toys while singing a clean-up song:

There are several cute and easy songs to choose from: Select one and have that be your 'clean up theme song' for the class.

Song 1: Clean up, clean up, everybody everywhere.

Clean up, clean up, everybody do your share.

Song 2: *(spoken)* Time to clean up, everyone. Let's pick up our things!

*(Chorus)*

Clean up, everybody clean up (x3)

Time to clean up!

Pick up, everybody pick up (x3)

Time to pick up!

Pick up the toys, put them away

Pick up the blocks, put them away

Pick up the books, put them away

Put your things away

Then the welcome song is played as Moms and little ones form a circle on the floor to get ready for the formal part of the playgroup

**Song: Welcome Song** (Favorite Children’s Songs from the Family Learning House CD)

Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be wonderful. Today is going to be joyful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be beautiful. Today is going to be peaceful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be…How is your day going to be? Get ready to sing! Today is going to be \_\_\_\_\_\_\_(full of patience!). Today I’m going to be happy. Today I’m going to be helpful. Good morning, good morning! It’s lovely to see you! Good morning, good morning! It’s lovely to see you!

**Opening Prayer:** Invite children to practice reverence by asking them to sit in their parent’s lap while a very short prayer is said or sung. Explain: "We always start with a prayer, because God is the source of all spiritual qualities, and we want to call on Him to aid us in our spiritual development."

**O God, guide me, protect me, make of me a shining lamp and a brilliant star.**

**Thou art the Mighty and the Powerful.** 'Abdu'l-Bahá

**Song; Hello Song** (Music Together, Bongos CD)

Hello everybody! So glad to see you! Hello everybody, so glad to see you too!

Hello to \_\_\_\_, so glad to see you! Hello to \_\_\_\_\_\_\_, so glad to see you too!

Hello everybody! So glad to see you! Hello everybody, so glad to see you!

(sing each child’s name and parent’s name)

**Song: Wake Up** (Music Together, Bongos CD)

Open and shut them, open and shut them, give a little clap.

Open and shut them, open and shut them, fold them in your lap.

Creep them, creep them, slowly creep them right up to your chin.

Open up your little mouth but do not let them in!

Song motions: ( https://www.youtube.com/watch?v=9LbZSyx-7Xo)

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| **WORDS** | ACTIONS |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **give a little clap** | clap hands |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **fold them in your lap** | fold hands emphatically in your lap |
| **Creep them, creep them, slowly creep them, right up to your chin** | "creep" your fingers up from your waist and neck to your chin |
| **Open up your little mouth** | Touch one finger to your lower lip while opening up mouth wide |
| **But do not let them in** | Quickly move both hands behind your back |

**Introduction to the Virtue of Patience:**

Today we are learning about patience. Patience is quiet hope and trust, knowing that God will help things to work out right. Patience is a virtue that helps us wait calmly and peacefully without complaining. We show patience when we wait for our turn. When we are patient, we know that sometimes good things take time.

**Song: Virtues in You** (The Family Learning House, Favourite Children’s Songs CD)

There are virtues in you and virtues in me.

Let’s bring them all out so we can serve humanity.

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| **WORDS** | ACTIONS |
| **There are virtues** | make a diamond with index fingers and thumbs in front of you |
| **in you** | point to someone (especially point to your child) |
| **and virtues in me** | point to yourself |
| **Let's bring them all out so we can serve humanity** | put both hands together towards chest, then up towards face and out, waving fingers as you extend your hands forward. |

**Song: Good Character** (The Family Learning House, Favorite Virtues Songs CD)

Good character is doing the right thing, at the right time, and for the right reason. x 8

*Actions:* Sit in a circle; for each verse, someone in the circle does a movement and the others do it with them- such as clapping hands, touching nose rhythmically, stomping feet, etc.; action and person starting the action changes with each verse.

**Song: 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.

*Chorus:*

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.

*Chorus:*

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!”

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| **WORDS** | ACTIONS |
| Tap thighs gently to rhythm of the music until it says .... | |
| **... practice patience** | cross arms in front of chest |
| **makes me strong** | flex right arm showing your muscle |
| **clapping my hands** | clap hands twice |
| **sing a song** | put right hand up by 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 the actions |
| **twiddle thumbs** | twiddle thumbs |
| **pat knees** | pat knees |
| **stretch arms** | 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 to 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 |

**Song: Patient Under All Conditions**

(CD: The Family Learning House, Virtues in Us - School Age)

*CHORUS:*

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!

*CHORUS:*

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.

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| **WORDS** | ACTIONS |
| **I** | point to self |
| **will be patient** | cross arms in front of you, nodding your head in time to the music |
| **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 |
| **I say, You go first** | hand the pretend toy (crayon, book, water, apple) to someone in front of you |
| **I can wait wait wait** | cross arms |
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| **-- to use the same crayon as my friend** | hold index finger and thumb in front of you like you are holding a crayon and move it up and down, then hand pretend crayon to someone in front of you |
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| **-- read the same book as my friend** | put both hands together in front of you and them open them like you are opening a book, then hand the pretend book to someone in front of you |
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| **-- drink the same water as my friend** | make right hand like you are holding a cup and then put it towards your mouth, then hand the pretend cup of water to someone in front of you |
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| **-- apple** | put both hands in front of you in a circle, forming a pretend apple, then hand the pretend apple to someone |

**Song: Measure my Patience**

(Radha and the Kiwi Kids, Virtues in Me CD, an echo song)

Measure my patience x 2; It’s easy you know x 2;

this is how I do it x 2; I’m ready to go x 2;

I find a clock x 2; or my watch will do x2 ;

when I need to be patient x 2; I really try to x 2;

I note the time x 2; then see how long x 2;

I can be patient x 2; quiet and strong x 2;

(be silent and still until song starts again- keeping arms crossed in front of you);

How did I do? X 2; I’ll time myself again x 2;

I’ll wait a little longer x 2; and score 10 out of 10 x 2;

I’ll measure my difference x 2; make progress everyday x 2;

I am patient for longer x 2; and things come my way x 2;

Yes, I’m patient for longer x 2; and things come my way x 2;

all together- YAY!

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| **WORDS** | ACTIONS |
| **Measure my patience** | put both hands out to the side you are measuring a stick of wood |
| **It's easy you know** | both hands out to the side like you are asking a question, and smile |
| **this is how I do it** | put finger out and move it from left to right side in three bounces |
| **I'm ready to go** | put right hand out in a fist and move to the left |
| **I find a clock** | point to the upper left corner of the room with your right index finger, or at a clock in the room if there is one there. |
| **or my watch will do** | tap right index finger of left wrise |
| **when I need to be patient** | cross both arms in front of your chest |
| **I really try to** | keep arms crossed, close eyes and squint face and nose |
| **I note the time** | lean body to the right and look to the left hand corner of the room (of wherever the clock is in the room) |
| **then see how long** | put both hands to each side like you are measuring wood and them move hands further and further apart |
| **I can be patient** | cross arms in front of you |
| **quiet** | put right index finger to mouth (the "shhhh" sign" |
| **strong** | make right hand into a fist and show off your muscles, then be silent and still with arms crossed until music starts again |
| **How did you do?** | put both hands out to the side like you are asking a question |
| **I'll time myself again** | tap right index finger on left wrist, as if tapping on the face of your watch |
| **I'll wait a little longer** | put both hands to each side like you are measuring wood and them move hands further and further apart |
| **and score 10 out of 10** | put both hands out in front of you and open your fingers, showing 10 fingers |
| **I'll measure my difference** | put right hand up sideways with thumb and index finger far apart |
| **make progress every day** | put both hands horizontally in front of you with hands in fists and roll hands in front of each other |
| **I'm patient for longer** | cross both arms in front of you |
| **and things come my way** | put both hands out with palms facing you and move hands towards you |
| **and things come my way** | put both hands out with palms facing you and move hands towards you |
| **Yah!** | raise both hands above your head in a V-shape |

**Moms and children stand up, hold hands and walk together in a circle for the following song:**

**Song: Waiting Patiently** (The Family Learning House, CD: Virtues in Us - Preschool)

I am waiting patiently for my turn x 2;

I am waiting patiently x 2

I am waiting patiently for my turn.

*Actions:* Walk in circle, holding hands, then when verse ends, each person turns around individually in circles until song starts again.

**Song: Sleeping Children** (The Family Learning House, Virtues- Preschool CD)

Sleeping children, sleeping children

Ssh, ssh, ssh, ssh, ssh, ssh

Now it’s time to wake up

Now it’s time to wake up

It’s a great day!

It’s a great day!

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| **Sleeping children** | kneel on floor and rest your head on both hands on the floor, like you are sleeping, with your eyes closed |
| **ssssh** | put finger over mouth and say "ssssh" |
| **Now it's time to wake up** | stand on your knees and put both hands above head |
| **It's a great day!** | smile and move hands that are above head from side to side |

**Give out wooden sticks for tapping to mothers for both Moms and children to use in the following song while sitting in a circle**

(\*\*please only allow your children to use them if they are sitting down for safety reasons\*\*):

**Song: Patience** (Jennifer Russell, The Virtues Songs A to Z CD)

*Chorus:*

I am waiting without complaining. I accept things I cannot control.

I am trusting with quiet expectation that all will be well and I calm my soul.

I am gentle with myself and others when mistakes are made.

I am patient with humor and acceptance while waiting for someone who is delayed.

*Chorus*

I accept goals and persevere until my goals are won.

I do what I can, then calmly wait and trust that results will come.

*Chorus;*

As a seed will one day bloom into a flower, good things take time.

Patience is seeing the end in the beginning.

Start something now to make my future shine!

*Chorus;*

... that all will be well and I calm my soul.

**Collect wooden sticks and give out instruments for the following song:**

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

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.

*CHORUS:*

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.

*CHORUS:*

I hate it when somebody makes me have to wait.

Nothing makes me crazier than 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!

*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!

*CHORUS:*

1, 2, 3, 4, 5, 6, 7, 8, 9, 10! Ahhh…that’s better!

**Collect instruments and give out drums to be played in the following song:**

**Song: Teaching Peace** (Red Grammer, CD: Teaching Peace)

**Collect drums and ask children to sit in the circle with their Mommy.**

**Closing Verse:** Invite children to practice reverence by asking them to sit in their parent’s lap while a very short Verse is said.

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| **Be patient under all conditions and place your whole trust and confidence in God. ~**Bahá’u’lláh |
| Actions: Be patient- cross arms in front of your chest; under all conditions- move your hands out straight in front of you with palms up; and place your whole trust- cup your left hand and make a pinching motion with fingers of right hand, as you say “trust”- act like you are placing something in the cupped left hand with the pinched up fingers of your right hand, do the same for “confidence”; in God- lift your left hand up to the sky (keeping it cupped) and support it with your right hand, as if you are giving it to God |

**Closing Song:**

(sung to the tune of "Teddy Bear, Teddy Bear....)

There are several different tunes for the Teddy Bear rhyme you can find on YouTube. Here is one version

https://www.youtube.com/watch?v=sSLlm5bwzjs

Patient child, patient child, turn around. (turn around)

Patient child, patient child, touch the ground. (touch the ground)

Patient child, patient child, show your shoe (hold foot up and point to shoe)

Patient child, patient child, I love you! (hugs all around!)

Patient child, patient child, reach for the sky. (reach up!)

Playgroup is over. It’s time to say goodbye! (wave and say, “goodbye!”)