



PATIENCE IN MY CLASS

Patience is:

- * Waiting calmly without getting upset.
- * Taking time to do something properly.
- * Waiting for your turn.
- * **Walking rather than running inside the school.**

LEARNING OBJECTIVES:

To learn to move around the school calmly and patiently.

Preparation:

This lesson focuses on a 'new class member' [a collie or sheep dog] who rushes around trying to be first. You will use Speedy Shep as an example of how children should not move around the school. Take time to think about how your children move from one place to the next, for instance leaving your class to go out to the playground or lining up to go into the dining hall. Many children are competitive and want to be first at all times – make these transition times the focus of this lesson. If your transition times are already calm then choose another class routine where patience is needed. You may wish to schedule this lesson so that it coincides with a transition to lunch or break.

Suggested Resources:

A short clip of a sheep dog herding sheep.

https://youtu.be/tumhp4O_IR0 [available 03/15]

A sheepdog glove puppet or a picture of a sheepdog can be used to allow the children to instruct Shep.



Script:

"Boys and girls, I wonder if you can help me? [Hold up Shep or show his picture.] We have a new pupil who wants to join our class but I'm worried that whenever we go out to play or into the dining hall he will think it's a race and run as fast as he can! Shep is a sheepdog, let's watch one of Shep's friends at work [show the video]. It's important for a dog to run quickly when working with sheep on the farm. Can you tell Shep why he can't run around like that inside the school?" Encourage the children to speak to Shep directly: e.g. "Shep you should be patient and walk inside school."

Suggested Activities:

Explain to the class: "We are going to show Shep how to walk into the dining room or out to the playground. What will he need to see us practising?" *Patience.*

"How will we show patience?" *By lining up and walking calmly.* "What must Shep not see us doing?" *Running, pushing or shoving.*

If you want to pass by the person in front of you what should you do? *Remember to be patient.*

As the children line up and walk out have someone hold Speedy Shep as if he is watching.



Character Coaching

Guidance:

Remember to be patient, don't rush or overtake!

Meaningful Praise:

You are waiting so patiently. What does it feel like to be patient?

Correction:

Remember we should not overtake because we are not racing. Go back to the beginning and show me how patient you can be by walking calmly. Well done, now you are using your patience.

PATIENCE

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