

# GAMES THAT ENCOURAGE PATIENCE



## LEARNING OBJECTIVES:

To develop patience through simple games.

### Suggested Resources:

A large space, sports hall or playground is needed to play these games.

### Script:

“Today we are going to play some games that will help you develop patience and the ability to wait. Remember that if you rush to move you are likely to lose the game.”

### Warm Up: The One Minute Challenge.

Explain to the children that the object of this warm-up game is to practise patience and wait until they think that one minute has passed from when you say go.

The person who puts their hand up nearest to the 60 second mark is the winner.

Ask the class to find a space and close their eyes. The children should raise their hands when they think that one minute has passed.

You will need to stress the need for patience and also encourage them to make their own decisions and not to peek to see when others are raising their hands.

Let the game run for 90 seconds or so and make a note of those children who raise their hands nearest to the 60 second mark.

## Character Coaching

### Guidance:

Please wait patiently, your turn will come.

### Meaningful Praise:

You have untangled yourselves very carefully and patiently. Did you notice what it felt like to take your time, rather than rushing?

### “What’s the time Mr. Wolf?”:

Select a child to be the wolf and direct them to stand with their back turned to the rest of the class. The children call out, “What’s the time Mr. Wolf?” and the wolf turns around and shouts out a time: “5 o’clock!” The children must then take 5 steps toward the wolf. The wolf will then turn his back to the group again for them to shout “What’s the time...” (He looks at the group only when he shouts the time at them). When the children are close enough to the wolf, when he is asked “What’s the time....” he will say “DINNER TIME!” and chase them back to the start line, trying to catch one of the group who will then be the wolf.

### Spider’s Web Game:

Have approximately 10 children stand in a circle. Tie the end of a ball of wool around one child’s waist and give that child the rest of the ball to hold. They should then throw the ball out to another child who passes the wool behind their back and again throws the ball of wool out to someone else. Repeat the process until all 10 children have had a turn and are woven into the web; now they must get themselves out of the spider’s web that they have made.

I am going to pick you for this activity because I can see your patience in the way you are sitting and listening.

### Correction:

That remark was hurtful, please encourage your team mates to be patient rather than getting cross with them.