



## Character Education

# All About Patience

AssalamuAlaikum Parents,

This month, **Bright Horizon Academy** will be learning about PATIENCE. Each month we focus on a character trait by exploring what it means, why it's important and how we can incorporate these traits everyday . Learning happens best when it is done both at school and at home. Below are some ways that you can help your child continue to learn about patience.

### Practice It!

Patience helps foster the ability to think through and solve problems. The best way to develop this in a child is to model patience for them. Next time you need to wait for something, instead of appearing anxious and upset, help your child figure out what they can do to pass the time. Say, "What can we do while we're waiting? Should we read a book or play a game of "I spy"?"

### Praise It!

Praising patience can be effective in instilling confidence and resilience in children. Praise the effort, not the outcome. Focusing only on achievements can demotivate and demoralize a child very quickly. It's alright to celebrate success, but it's more important to acknowledge the effort that led to that success. This will motivate and show a child that you believe in the decisions they make. Instead of saying: "Your painting is gorgeous," try complimenting more on the process: "You spent a lot of time and showed great patience as you worked on that painting."

### Talk About It!

Here are some points to help you talk about patience with your child:

- What does it mean to be patient and why is it important?
  - Why can it be difficult to wait?
- Tell me about a time you had to wait for something. Was it worth the wait?
- What is something you can do or something you can tell yourself to make waiting easier?