



PATIENCE

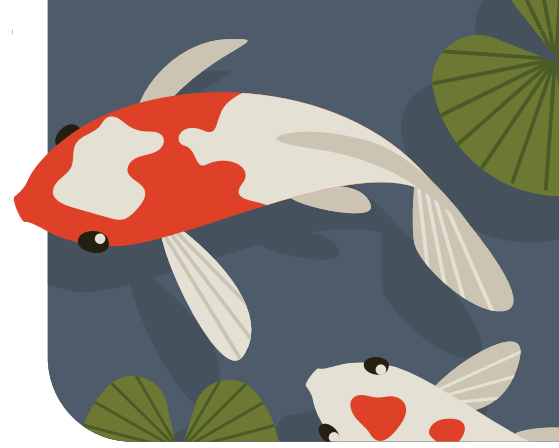
Waiting until later
for what you want now

HOW YOU CAN SHOW PATIENCE:

- Sit quietly for one minute and concentrate on breathing. Try to do this once a day during this month.
- Plan an activity to do with your family next weekend. Be patient as you wait for the weekend.
- Make a list of things you are looking forward to doing when you are older.

Patience

APRIL 2024



SAY IT:

Hold a contest with your family members to see who can say the definition the fastest.

Patience: Waiting until later for what you want now

KNOW IT:

ASK A GROWN-UP:

- Can you think of a time in your life when you had to wait a long time to get what you wanted? When you finally got it, was it worth the wait?

ASK A KID:

- What's something you really want right now, but you know you have to wait for it? Is it difficult to wait patiently?

SEE IT:

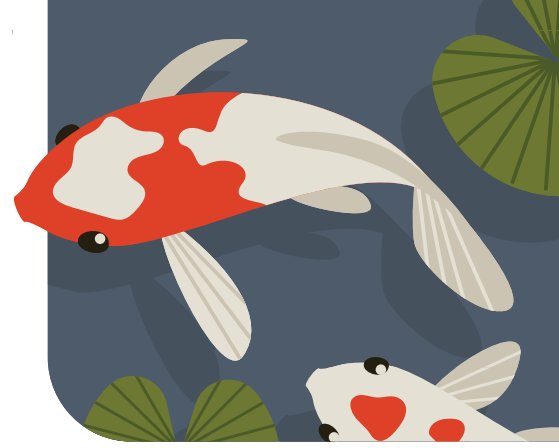
There's a popular psychology experiment that demonstrates the difficult task of having patience. The concept is simple. A child is given a marshmallow and told that they can eat the marshmallow now, but if they wait ten minutes they would get to eat two marshmallows. The reactions of the children are often quite amusing as they face the challenge of delayed gratification. Check out this video and see some funny reactions as some kids struggle to have patience: <https://www.youtube.com/watch?v=g75lwNUpUQg>. As many of us know from experience, sometimes it is hard to have patience. As an ancient proverb reminds us, "Patience is not the ability to wait, but the ability to keep a good attitude while waiting."

BE IT:

Let's try a little challenge of our own. Find a quarter and put it in a cup or bowl of water and put it in the freezer. Once the cup of water is completely frozen, take it out and get ready to let it thaw. Here's the catch- you have to watch the contents of the cup the entire time while it is melting. Once it has melted, you get to spend the quarter. Some other variations could be to freeze some Kool-Aid, Coca-Cola, or other favorite drink and the challenge is to watch it melt before you get to drink it. Be creative and come up with some other experiments to practice patience.

PHASE

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It may seem like there is never enough time to get everything done.

Consider using the rhythm of your daily life to shape the values in your home – take advantage of the time you already have:

Morning Time:

Be a coach. Help them find purpose by starting the day with encouraging words.

Drive Time:

Be a friend. Talk about life during informal conversations as you travel.

Meal Time:

Be a teacher. Have conversation while you eat together.

Bed Time:

Be a counselor. Strengthen your relationship at the end of every day with heartfelt conversations about feelings.

So don't miss it. Use the time you have (without technology or distractions) to deepen relationships and encourage values in your home.

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PATIENCE // KOI FISH // PAYNE'S GRAY

The beautifully colored fish you see in a koi pond are actually a variety of carp, a common fish found throughout the world. The "living jewel" colors of Nishikigoi (the more precise Japanese name) were developed over many years by humans who bred them.

In the 4th century in China, carp were raised simply as a food source. Modern Japanese koi, however, trace their origins back to the early 1800s, when rice farmers caught, kept, and bred colorful wild carp.

Now there are dozens of varieties of koi known by their patterns and colors. Colors result not from their transparent scales but from chemicals in the cells of their skin. The most popular color variety in Japan is called kohaku, referring to a pattern of white with red. Other colors which flash from a koi pond include black, orange, cream, blue, yellow, and even metallics such as gold and silver.

Adult koi are generally about 18 inches long, but some fish reach lengths of three feet or more. Koi are bottom feeders, but they like

to surface when a person they recognize appears at the pond. They will allow familiar humans to pet them, and some have been taught to ring bells. In winter, koi become much less active and will live off fat stores, entering a temporary dormant state called "torpor."

Koi symbolize many things, from love to peace to success. Prized koi which are kept in ideal conditions and are well taken care of can live 25 or 50 years or more, sometimes much more. (One koi was said to have lived to be 226, after scientists examined her scales in the 1960s!)

PATIENCE: *Waiting until later for what you want now*

After many years of careful breeding, jewel-like koi are found around the world.

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PATIENCE // KOI FISH // PAYNE'S GRAY

Named for an English artist active in the early 1800s, Payne's Gray is a color still much beloved by artists. William Payne, an engineer-turned-painter, exhibited his work but was most revered as a teacher. And the precise gray color he created lives on. Unlike more flashy friends on the color wheel, gray is practical. Payne's Gray, with its mixture of Prussian blue, yellow ochre and crimson, yields a deep gray that is perfect for conveying "atmospheric perspective." That's the name for the tendency of elements receding in the background of a landscape to appear pale and bluish. A big-picture perspective is helpful in art, and in life!

PATIENCE: Waiting until later for what you want now