

Monthly Wellbeing

January



Patience



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Patience is a style and tool we use to connect to the world around us. When we show patience, we are then able to explore life and fulfill it with our wonders. This can be as simple as:

- ◆ Waiting in line
- ◆ Letting someone finish talking
- ◆ Praying
- ◆ Playing a game
- ◆ Learning about the world around us

It is important to allow children/youth to practice these above tools, so they are able to accept patience. Once they learn to accept patience, they will then have a healthier wellbeing, so they can be a more self-aware friend and classmate.

Patience is about Knowing When to Pause

Children/youth learn from all the people in their lives. If the adults in their life run and rush through everything, then this is something that they notice and will start to do. Patience is about knowing when it is time to relax. Notice your body signals and reflect "did I take the time today to take care of myself?"; If no, then take the time to show your body patience, this could be through **breathing, reading, praying**. By taking the time to show your body patience you are creating a better wellbeing for yourself to be present during conversations, activities, and learning.

Patience Teaches:

- ◆ Resiliency
- ◆ Kindness
- ◆ Self-Awareness
- ◆ Faithfulness



Patience Resources:

School Mental Health Ontario
<https://smh-assist.ca/>

Everyday Mental Health Classroom Resource
<https://smh-assist.ca/emhc/>

Kids of Integrity
<https://www.kidsofintegrity.com/>

Activity: Deep Breathing

By exercising deep breathing, you are practicing patience. You are allowing yourself to be in the moment and develop a deeper mind and body connection. This will help to form self-regulation, awareness of emotions, resiliency, and being ok in silence, which all connect to patience.

Reminder!

Ask your children about Mind-UP. A program done within our classrooms that encourages patience practices!



Patience is not just about waiting for something... it's about how you wait, and your attitude while waiting.

For more information, contact Chris Preece at chris.preece@scdsb.net