

# PATIENCE PATH FOR YOUR KIDS

*Nine Easy and Fun Ways To Teach Your Kids (And Yourself!)*



## USE A TIMER

*Kids can't judge time, so when we say "wait a minute," that sets them up for frustration and failure. An inexpensive hour-glass timer is a helpful, visual tool to teach them to wait for an appropriate time.*

## INVITE THEM TO COME UP WITH WAITING IDEAS

*When you're stuck at the doctor's office or in traffic, ask the question, "What should we do while we wait?" Games like "I Spy" gives kids a fun way to wait and teaches them to be patient with a good attitude.*



## PLAY BOARD GAMES



*Playing games like Chutes & Ladders or Monopoly teach kids (and adults) important patience skills like taking turn. Kids also learn how to stay engaged for a long period of time, which is an important skill!*



## PLAY "WHO CRACKED UP FIRST?"

*This is a fun game to play while kids are sitting in the backseat - especially since they aren't allowed to touch each other.*

*Instructions: Ask two children to stare each other in the face and not to make any movement other than blinking or breathing. The goal is to see who can keep a straight face the longest. Your kids will love it if you play, too!*

## PLAY "RED LIGHT/GREEN LIGHT" OR "MOTHER MAY I?"

*These two games are great for teaching kids to control impulsive behavior! Best of all, you can play them with your kids and reward their patience with a big hug at the end of the game!*



## WAIT WITH A SMILE IN LONG LINES

*Don't you hate it when people are grumpy and unfriendly in lines? Teach your child NOW how to get used to waiting in lines since it is a part of life. Find longer lines at the store and practice waiting with a smile.*





## PRACTICE MARSHMALLOW TEST

*Put one marshmallow on a plate in front of your child. Tell him or her that if they don't eat the marshmallow before you come back, then they will get two marshmallows as a reward. Leave the room and come back after 5-10 minutes.*

*If your child eats the marshmallow before the time is up, don't scold. Just repeat the exercise until the child can wait up to 15 minutes.*

## BAKE WITH YOUR KIDS

*Baking a cake or cookies are great way to teach kids to associate waiting with a meaningful reward. Enjoy spending time together and teach them the value of following directions without taking shortcuts.*



## PUT TOGETHER A PUZZLE TOGETHER

*A good old fashioned puzzle is a great way to teach patience and problem-solving! Giving your child a chance to look for matching pieces gives him or her a chance to experience how it feels to figure out a challenge and feel the thrill of achievement.*

A FOUR-WEEK BIBLE STUDY

BARB ROOSE

# I'M WAITING, GOD BIBLE STUDY

*If you've felt anxious, angry, discouraged or depressed because God isn't giving you what you want, Barb Roose's I'm Waiting, God Bible study will breathe fresh hope and practical next steps in your life. As a reforming control lover, Barb mixes in her personal stories of learning how to wait for God during long seasons of unanswered prayers, family difficulties, and challenging times in ministry. Find out more at [Imwaitingstudy.com](http://Imwaitingstudy.com)*



## ABOUT BARB ROOSE

*Barb Roose is a popular speaker and author who is passionate about equipping women to win at life with Christ-empowered strength and dignity.*

*She's the author of multiple books and Bible studies. Visit Barb's online home at [barbroose.com](http://barbroose.com).*

