



CLAREMONT FAN COURT SCHOOL

# PATIENCE

April 2024



**Waiting —Empathy—Resilience—Self-Control**

- I wait calmly for my turn to speak, instead of interrupting
- I don't give up, but keep trying even when it is difficult
- I do things carefully, one step at a time, instead of rushing
- I notice being frustrated, but try to control this feeling
- I speak kindly and calmly with others, even when I am frustrated