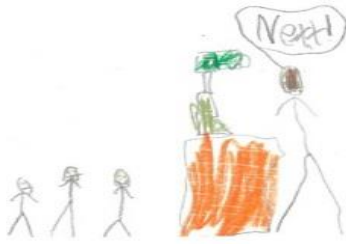




THIS MONTH'S VALUE IS...

December 2018



Patience

- The ability to wait, or to continue doing something despite difficulties, or to suffer without complaining or becoming irritated.
- If you have patience, you are able to stay calm and not get annoyed, for example when something takes a long time, or when someone is not doing what you want them to do.

Signs of impatience you could watch out for...

Shallow breathing (short breaths).
Muscle tension.
Hand clenching/tightening.
Jiggling/restless feet.
Irritability/anger.
Anxiety/nervousness.
Rushing.
Snap/quick decisions.

Things you can do to help stay patient...

-Put it into perspective (is it really important you have/do it now?)
-Use Empathy to work out how the other person feels.
-Do something else (distract yourself).
-Force yourself to slow down. Make yourself speak and move more slowly. It will appear to others as if you're calm – and, by "acting" patient, you can often "feel" more patient.
-Remember, you have a choice in how you react in every situation. You can choose to be patient, or choose not to be: it's all up to you.

We would love to hear about how your family has been showing the value of patience! Make sure you let your teacher know by the end of December, so we can all be proud of you. You can ask a grown up to fill in the 'Wow Value' slip below and hand it in!



Name _____

Class _____

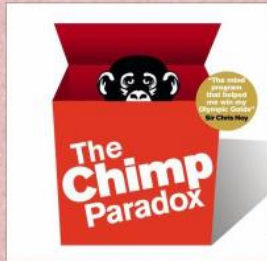
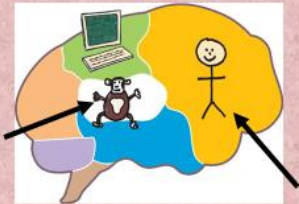
Values WOW for Patience



Understanding how your mind works...



Dr Steve Peters
<http://chimpmanagement.com/>



The Chimp

- Emotional thinking
- Action based on feelings
- *You have to learn to control it*

The Human

- Logical thinking
- Looks for the truth and facts
- Action based on calm thoughts

Over reacts

Can be 'paranoid' (worries about things that aren't real')

Very quick to judge

Jumps quickly to an opinion

Doesn't wait for all the information

Emotional

Can twist the facts to suit its opinion

Your CHIMP can be very IMPATIENT

Thinks calmly

Uses reasoning skills to work things out

Uses 'common sense' - is rational

Open minded, sees others points of view

Searches for all the relevant information

Logical

Looks for the truth and facts, then acts on this

The HUMAN part is PATIENT

Both parts of the brain react to every situation – but in different ways.

Both are thinking what to do about it – but some of the time they don't agree.

The Chimp is more powerful than the Human and will win – UNLESS you have learnt how to manage it!

The Chimp is an emotional machine that will take over if you allow it to. It is not good or bad – it is a *Chimp!*

The Human must learn to recognise when the Chimp is in charge. Don't try to control it – but learn to manage it!

The children learnt about an example of how their brain works in our assembly about patience. This is what they thought about.



values WOW!