

Lesson Plan: Patience (Lesson 6)

Preparation:

1. Purchase or borrow the story: "The Ugly Duckling".
2. Find sticks or pencils or pencil crayons to play the game "Pick Up Sticks".
3. Photocopy the Booklet, Homework page, and Quotation for each child.
4. Prepare glue sticks, children's scissors, crayons, pencils and stickers (optional).
5. Prepare a simple and healthy snack for the children.

A simple class:

You do not need to do each part of the lesson plan. These lesson plans are a tool or resource for you to help you conduct your Baha'i Children's Class. You can omit certain sections based on your skills, resources and time.

Ideas to make a more elaborate class:

Cut off one inch around the edge of the Quotation page (one for each child) with normal or zig-zag scissors and then glue each page to a three-hole punched coloured card stock.

You can teach the children patience by helping them plant a seed and taking it home and waiting for it to germinate. You can buy sunflower seeds or geranium seeds, little pots (or plastic cups) and potting soil. At the following classes, ask the children how their plants are doing. Are they taking care of them?

Opening Prayers:

Be a model of how to sit respectfully during prayers.

“We will begin by saying prayers. When we say prayers, we sit quietly and still. I will say the first prayer and then we will take turns in a circle.”

“O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate.”

- `Abdu'l-Bahá

Praise and encourage the children for sitting nicely and saying good prayers.

Singing:

“Now we will sing ‘O God, guide me’ together.”

“O God, guide me and protect me. Illumine the lamp of my heart and make me a brilliant star. Thou art the Mighty, and Powerful.” - `Abdu'l-Bahá

Lesson: (# = praise and correct the children's answers)

Today we are going to talk about the virtue of patience.

Q: What does it mean to be patient? #

A: Patience is waiting nicely for things. Patience is trusting in God that everything will turn out well.

Q: Why is it important to be patient? #

A: It is important to be patient because many things take time.

Bahá'u'lláh says: **“Be patient under all conditions, and place your whole trust and confidence in God.”**

Repeat after me.

(pause and have them repeat each line after you say it before continuing to the next line)

**“Be patient
under all conditions,
and place your whole trust
and confidence in God.”**

Q: What does “under all conditions” mean? Must we be patient when we are sick? Must we be patient to wait for our birthday to come? Must we be patient waiting for our parents to help us with something? #

A: Yes.

Now let's recite the quotation again. Repeat after me.

(pause and have them repeat each line after you say it before continuing to the next line)

**“Be patient
under all conditions,
and place your whole trust
and confidence in God.”**

Story:

Read the story: “The Ugly Duckling”

Snack/break:

Have the children help serve each other and take turns getting food.

Arts and Crafts:

Help each child put a copy of the quotation to memorize into their binder. Give each child a sheet of stickers and crayons. Let the children decorate the page.

Help the children colour and cut out the “Patience” gem (from Lesson 1) to glue onto their person.

Game:

Pick Up Sticks: Have a pile of sticks or pencils or pencil crayons or straws in the middle of the room on the floor or a table. Have the children take turns picking up a stick without moving any of the other sticks. They keep the stick if no other sticks move. They put the stick back if any other sticks move.

Closing Prayers:

Ask the children if anyone would like to say a prayer to end the class. Have them take turns in a circle. Or you could end by singing “O God, guide me” together.

Patience

Homework:

1. Read through the Patience booklet with your child during the week and discuss it.
2. Encourage your child to put extra effort into being truthful this week. Use the following virtues language in your home: "Thank you for being patient." "That was very patient of you." "Please be patient."
3. Help your child recite the following affirmation every morning.
(pause and have them repeat each line after you say it before continuing to the next line)

I am patient.
I know that things take time.
I choose to wait calmly
for the things I want
and do what I can
while I wait.
I am gentle with others
and myself
when mistakes are made.
I trust God that all will turn out well.

4. Please help your child recite the following quotation every morning: (pause and have them repeat each line after you say it before continuing to the next line)

**"Be patient
under all conditions,
and place your whole trust
and confidence in God."**

5. Please help your child do the activities on the Weekly Activity Calendar.

Weekly Activity Calendar:

Put a check mark below each item when it is completed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recite the affirmation.	Recite the affirmation.	Recite the affirmation.	Recite the affirmation.	Recite the affirmation.	Recite the affirmation.	Recite the affirmation.
Recite the quotation.	Recite the quotation.	Recite the quotation.	Recite the quotation.	Recite the quotation.	Recite the quotation.	Recite the quotation.
Plant seeds. Practice patience waiting for them to sprout.	Play the quiet game. Who can sit the longest without making any noise?	Practice patience waiting for your parent or teacher.	Make juice popsicles and wait patiently for them to freeze.	Mail yourself a letter and patiently wait for it to come.	Make popcorn and talk about the virtue of patience while you wait patiently for it to pop.	Plan to watch your favourite video in the evening. Wait patiently all day.

“Be patient
under all conditions,
and place your whole trust
and confidence in God.”

- Bahá'u'lláh