

## PATIENCE ACTIVITY

Patience is being able to wait with a cheerful and calm heart and being able to wait to do things instead of doing what we want to do right now. Patience is giving grace to others (even people that aren't easy to get along with) and loving them even when they make mistakes. How perfectly God shows us this. He is SO patient with us when we mess up time and time again.

Sweet Treat Test of Patience Object Lesson

**Supplies:** A Favorite Sweet Treat (gummy bears, m&m's, fruit snacks, mini marshmallows, chocolate chips), 2 Small Bowls or Bags (per person)

### Instructions:

- 1 Place one treat in one bowl and a handful of the treat in the second bowl.
- 2 Offer the treat to your child before dinner, but let them know they have an option. Either they can have the first bowl that has only one treat in it before dinner or if they wait patiently until after dinner they can have the second bowl that has a lot more.
- 3 Talk about it: Depending on which option your child chose you can talk about whether they were patient or not and why they chose to be patient or wait or impatient and eat the treat.



Mail a Letter and ask for one Back Lesson

**Supplies:** Cardstock or Construction Paper, Crayons, Markers, or Colored Pencils to decorate Card, Envelopes, Stamps

**Instructions:**

- 1 Fold cardstock or construction paper in half to make a card.
- 2 Invite your child to decorate the card so that they can mail it to a friend, grandparent, or other relative.
- 3 Put the card in an envelope, address it, put the stamp on, and take your child to the post office to mail the card.
- 4 Talk About It: Talk about how you will now wait for the friend, grandparent, or relative to write back. You can talk about how they have to be patient because mail can take a while to receive.



Fresh Fruit Lesson

**Supplies:** Orange

**Instructions:**

- 1 Peel and slice an orange with your family.
- 2 Enjoy the orange together!
- 3 Talk About It: It takes a while to peel and slice an orange, use this hands on opportunity to talk about patience and how it requires patience to wait to eat the orange together as a family.



<http://thelittlesandme.com/the-fruit-of-the-spirit-is-patience-kids-activities/>