



Activity #1 – Puzzle of the Month(s)

What You'll Need: A large puzzle, a timer, and NO cell phones!

Learn

In a world of binge watching and instant gratification, let's set aside a little time each week for a fun, no tech activity to remind us to learn patience. Determine the amount of time (30 minutes, 45 minutes, or one hour) and set the timer. Work on the puzzle until the timer goes off. Then, set it aside until the next time. The idea is to NOT complete the puzzle all at once. Let it take many times to come together as a family.

Follow-up

Remind everyone in your family that it's okay to not complete something right away. Try this with games like Monopoly, Jenga, Battleship, Chess or Checkers. See how long your family can make each one last.

Activity #2 – Works of Art

What You'll Need: A craft that requires careful/patient work, needlepoint, threading beads, detailed coloring pages

Learn

Learn something new together. Just like activity #1, the idea is to not rush and to take multiple family nights to complete the project. Time as a family is hard to carve out of our busy schedules, but it will be worth it!

Follow-up

Frame the artwork as a reminder that slowing down and being patient created many hours of great family conversations, memories, and art.

Activity #3 – Fill'r Up

What You'll Need: A clear bottle or jar for each person in your family, stickers, a Bible verse about patience (Proverbs 16:32, Proverbs 17:27, Proverbs 25:28, Proverbs 29:11, Proverbs 29:20, Ecclesiastes 7:9), cotton balls

Learn

Start by decorating a clear bottle or jar with fruit stickers and the Bible verse. Explain the connection between patience and the fruit of the Spirit (Galatians 5:22-23). Tell your children that each time they are able to wait patiently for something, you will give them a cotton ball for their bottle or jar.

Explain that when we are soft-hearted towards one another like the soft cotton, we will be patient with each other, rather than short-tempered or easily irritated. Each child's goal is to see if they can fill his/her jar to the top. Pray with your children to encourage them before you begin awarding cotton balls.

When you see your children being tempted to be impatient, encourage them to say their Bible memory verse. Let your children know beforehand that when their container is full, you will celebrate by playing some silly games with the cotton balls. Ideas include using tape to stick the cotton balls onto parents' faces or having a snowball fight with them.

Activity #4 – Practice Make Progress

What You'll Need: Your time

Learn

Mealtime is a good time to practice patience. It's also a great time to connect with each other and unplug from technology.

Suggestions include:

- waiting until everyone is sitting down and has been served prior to beginning to eat
- eating slowly using utensils
- waiting patiently until everyone has finished their first helpings before having seconds
- waiting patiently when you have asked for an item to be passed

Talk about how mealtime is more enjoyable when we show patience and use respectful manners.

Follow-up

Apply this activity to other times such as waiting in line, waiting for appointments, etc. Talk to each other about what patience looks like.