



The Ultimate Character Development System

**Building a Successful Future
One Student at a Time!!!**



NOVEMBER 2010 - PATIENCE

Patience means waiting without complaining.

**Patience means waiting without complaining
for something that you hope will happen.**

PATIENCE: NOVEMBER 2010

Dear Family,

This month we will concentrate on the character concept, “patience.” Therefore, our power-chat discussions and activities will aim to help children understand and practice how to wait their turn, take their time, and give others the time and space they need as well.

Patience is a simple concept but isn’t an easy character trait to master! For children, it can be especially challenging as, like most people, they don’t like to wait! So to help our children develop patience, we need to have patience. Young children, who are developing “waiting skills,” may not understand the reason they must wait or how much time needs to pass before they get their turn. As children mature, they are able to wait for longer periods of time with more discipline, understanding and of course, more patience.

Patience involves other Powerful Words like empathy, impulse control and respect. It also takes time, practice, and experience. When children learn the rewards that come from waiting, they will be more inclined to be patient. The child that learns that with patience, he can save up his money for something special, earn praise from others for being respectful while waiting for everyone to sit down at the table, and avoid misunderstanding when he hears someone out, will see the clear benefits of waiting. While many might hope for “instant gratification” in life, clearly the prevailing message life sends us is “sometimes you have to wait!”

A recent longitudinal study published this year looked at how early education affects our children’s lives. It turns out there is a profound effect. The researchers examined the life paths of almost 12,000 children. Students who had great teachers in their early years were more likely to go to college, more likely to save money for retirement and earned more money. It could be surmised, according to economists and writers, that good education can impart skills like patience, manners, discipline and perseverance.

Here are the Powerful definitions of patience for this month:

Young students: Waiting without complaining.

Older students/teens/adults: Waiting without complaining for something that you hope will happen.

During the four weeks of November we will be discussing the following:

- (1) Week 1: How can I wait for “my turn” and “the right time?”
- (2) Week 2: How can I wait to learn and grow?
- (3) Week 3: How can I take the time to understand other people?
- (4) Week 4: What are the strategies for waiting and rewards for being patient?

Upcoming Powerful Words

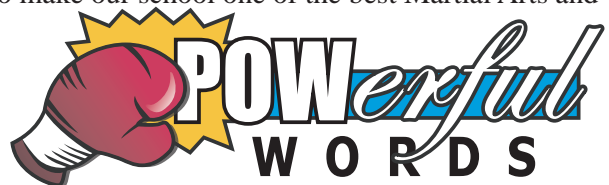
<i>December:</i>	Friendship
<i>January:</i>	Vision
<i>February:</i>	Fairness

As always, one of the best ways to reinforce Powerful Words is by modeling strength of character ourselves. Show and share with your children how you show patience even when it’s challenging.

We thank you for your support. You are pivotal in helping to make our school one of the best Martial Arts and personal development centers in the world.

Best Regards,
Your Motivated and Dedicated Martial Arts Instructors

For More Powerful Parenting Information , go to www.DrRobynSilverman.com



DEAR *Dr. Robyn*

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NOVEMBER 2010: PATIENCE

(Paraphrased from an email; with permission)

Dear Dr. Robyn,

This time of year always makes me a little anxious. It's always, go, go, go! My family feels it too. We get snippy with one another and say things we don't mean. How can we stay calm and have a little patience with one another?

--Tara R. Hartford, CT

Dear Tara,

Whether it's school, work, extracurriculars, or the holidays, life can feel harried sometimes. The daily grind can wear heavily on the family. It's great to take a moment to consider; what can be done here?

Here are some ways to help your family gain some patience and stay calm when life gets a little hectic:

(1) **Take time to take a breath:** When you or your family members are over-scheduled it can make anyone's patience wear thin. Take a look at the schedule and make sure that there is time to stop running. If there isn't, ask yourself, what can I take out of my schedule to make room for...me?

(2) **Make the time to do something together:** It doesn't need to be anything fancy. Sometimes, families simply need some time to be together and regroup. Pull the shades and watch a movie. Bring out the game boards and have a family game night. Do something you can all enjoy that takes the pressure off the daily grind.

(3) **Ask, what's this all about?:** When things get tense and tempers run hot, ask yourself where the frustration is coming from this time. Is it something that can be addressed? Sometimes we get frustrated with each other when the real problem is that we need help with a subject in school, we're worried about work, or we're involved in a conflict with a friend. When we shine high beams on the real problem, we can better cope.

(4) **Apologize:** When we say something we don't mean, we need to be accountable for it. That means both apologizing for it and taking steps to make it better. We need to teach our children that simply brushing negativity under the rug is not the answer and only creates resentment and impatience. Accountability, on the other hand, creates understanding and patience.

(5) **Acknowledge that it's hard:** The school year can get hectic. Running around isn't easy but sometimes, it's necessary. Just allowing everyone to admit that it's stressful and challenging can do wonders for dispersing the anxiety and frustration that leads to impatience. When we can point to the issue rather than at a person, nobody feels blamed.

(6) **Find out if this is what everyone wants:** Sometimes we run around because we are doing things that are necessary and desired. Other times, we do it because "everyone else is" or "it's what we've always done." Stop and ask, "is this what we want?" Sometimes you'll find that the impatience stems from a desire to pair things down, simplify, and slow down the pace.

Here's to your success!

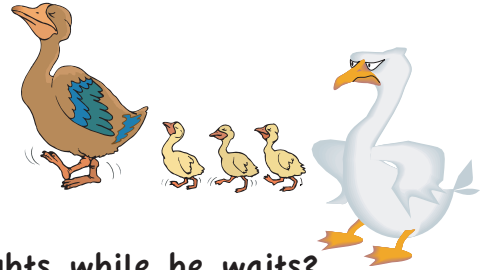


How Can I Be Patient?

Read about Marvin and Ernestine below. Mark the box that you think shows patience.

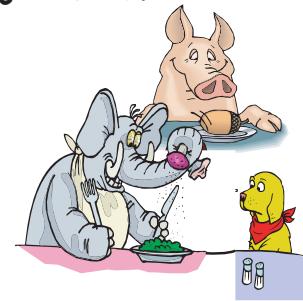
Marvin is waiting in a line to get to the drinking fountain. He doesn't want to wait. Should he:

- Complain from the back?
- Yell and push others out of the way?
- Take a deep breath and think calm thoughts while he waits?



Ernestine can't wait to have dinner! But Mosie the dog has not been served yet. Should Ernestine:

- Start eating before Mosie is served?
- Wait to eat until everyone is served?
- Whine "I'm so hungry!" again and again?



Draw a picture of the last time you showed patience!

I showed patience when I: _____

A Glimpse at Patience

IT TAKES TIME TO ACHIEVE A GOAL

When I have to wait to achieve a goal, I feel:

WHAT LACK OF PATIENCE LOOKS LIKE

Those who aren't patient while waiting might do these behaviors:

A LEADER SHOWS PATIENCE

Leaders show patience by:

THE REWARDS OF PATIENCE

The rewards of being patient are:

HOW I SHOWED PATIENCE

A time I showed patience was:
