



## THE VIRTUE OF THE STRONG

A very important human value is **PATIENCE!** It is as important as love!  
To tell the truth patience and love walk hand in hand!

Patience helps us to adjust and become more understanding!

**H**ow can we strengthen our patience? First of all, by keeping calm instead of getting nervous when things don't go the way we want them to! Deep breathing can help us! But we improve our patience by learning how to listen to others when they are talking, too. That means not interrupting. If we listen respectfully everyone listens to us when it's our turn to speak! Studying also requires patience; if sometimes you are tempted to postpone your homework or another important commitment to "later"... think of the benefits of getting it done, and be determined to finish your duties first! With the right attitude you will finish sooner than you think, because your focus will be one-pointed! Sometimes we need to have patience with others who do things differently from us, in which case patience is coloured with respect and acceptance. There are many moments when our patience is challenged. Can you think of some of them? How could you face these challenging successfully? Discuss the importance of patience with your friends.

### SELF-WATCHING!

*We can cultivate patience by learning the art of "self-watching". By using the fun inspiration below for "big and small", you can evaluate your performance with symbols or smileys. This exercise helps us observe ourselves and become more aware of when we react with impatience and annoyance towards others or circumstances in general. Watch yourself to see when this happens, what triggers it and how you respond in the way you think, speak and act! Is there something you can improve in yourself? We are all learning, including to have patience with ourselves!*



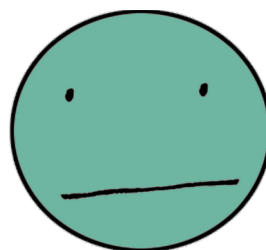
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



**LOTS OF PATIENCE**



**NONE AT ALL**



**I DON'T KNOW**



**MORE OR LESS**