**What’s Happening Today?**

**Let’s Talk About Tips to Help with Waiting**

* **What does waiting mean?**
* **Waiting can be hard but there are lots of times that we just have to wait**
* **What do YOU do to make waiting easier?**
* **There are 4 Tips to Help with Waiting**
1. **Stay still, quiet, and calm**
2. **Think “It’s hard to wait but I can do it”**
3. **Make a waiting plan**
4. **Try your plan**
* **Let’s practice!**
* **So what do you think??**
* **Get your magnet!**