**LESSON: *I Can Handle Waiting***

**OUTLINE**

1. Introduce the topic of Waiting: Define waiting as staying where you are, stopping what you’re doing, and delaying what you want to do or get
2. Talk about how waiting can be hard but that there are many times we have to wait: (wait in lines, wait to eat, wait to talk, etc.) Ask students what they do to make waiting easier.
3. Explain that there are **4 tips to help with waiting:**
4. Stay still, quiet, and calm
5. Think “It’s hard to wait but I can do it”
6. Make a waiting plan
7. Try your plan
8. Practice staying still, quiet and calm with the students by deep breathing and silently counting slowly to 20
9. Have the group practice saying “It’s hard to wait but I can do it” out loud together, then silently in their heads
10. Talk about things to do while waiting. Ask students for their ideas.
11. Review the 4 tips for waiting.
12. Give out the magnet cards.

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Activity (Accepting Consequences Role Play cards)
* Lesson Summary Card (magnet cards)
* Homework Sheet – “This week I might try to accept consequences”
* Mini schedule