



Bubble Freeze

How to Play:

- Blow bubbles
- Tell children they must watch the bubbles float
- Wait until you say “GO!” before popping them

Skills Practiced:

Impulse control, sustained attention, listening



Mystery Box

How to Play:

Fill a decorated box with a fun surprise, such as stickers, a new game, bubbles, or a coupon to do a favorite activity. Give the children clues throughout the day to build anticipation. The challenge of waiting becomes part of the fun!

Skills Practiced:

Patience, delayed gratification



Musical Waiting

How to Play:

- Play music while the children dance
- Stop the music and tell students to “freeze!”
- Don’t move until the music starts again
- Extend the “freeze” time little by little

Skills Practiced:

Patience, self-control



Red Light, Green Light

How to Play:

Students can move when you say, “green light!” but must freeze when you call out, “red light!” For added fun, “yellow light!” could mean move in slow motion, “blue light!” could mean hop, and “purple light!” could mean tiptoe.

Skills Practiced

Listening, self-awareness, impulse control





Class Cooking

What to Do:

Have the children help you follow a recipe to “cook” or create a snack for snack time. An easy idea is to make a trail mix from several favorite ingredients. The children must wait until snack time to enjoy their treat.



Skills Practiced:

Following directions, patience, impulse control



Pass the Present

How to Play:

Wrap a small gift in many pieces of paper. Play music while the children pass the present around the circle. When the music stops, one child unwraps one piece of paper. Repeat until the present is opened!



Skills Practiced:

Social awareness, patience, self-control



Puzzle Piece Countdown

What to Do:

Hide puzzle pieces around the room and let the children go on a puzzle piece hunt. Once all of the pieces are found, children use teamwork to put the puzzle together.



Skills practiced:

Teamwork, patience, social-awareness



Copy My Beat

How to Play:

Tap a rhythm on your lap or the floor with your fingers or rhythm sticks. Tell the children, they must listen to your beat before trying to copy it on their own.



Skills practiced:

Listening, waiting, self-control

Ways To Use This Resource:

1. Keep these game cards handy to pull out at group times or when you need to fill some time and want to practice patience and waiting in a fun way!
2. Laminate and cut out the game cards. Place them in a container and let the children pick out an activity for a fun treat.
3. Make it a daily job for one child to select a patience game during group times.
4. Send a copy of these activities home with families so they can play together at home!