

29th March 2021

Dear Parents/Carers

In April we are focussing on the value of 'Patience'. In the dictionary, patience is defined as: the capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious. We have certainly become experts in this over the past year! We will look at the reasons why we value patience in our lives in a simple way with the children.

There will be a lot of crossovers with our mindfulness work in the classroom, learning how to recognise our emotions and their physical effects, learning skills to manage anxiety and anger and building a vocabulary to be able to express emotions in a positive way.

As always, the adults at school will be modelling this value to the children and we ask you to do the same at home. When your child is trying their best, take a deep breath, count to ten and think about the valuable skills they are learning whilst you live the value of patience. Small things like learning to get dressed and put on shoes can be developed with a little patience from the adults at home.

The value of patience also gives us the opportunity to revisit the idea of Growth Mindset. Difficult things need practise. Patience will help children understand that learning won't happen straight away. Work is required to be able to master something! Have a look at the website below for a stage by stage guide to supporting your child in developing patience.

<https://www.livingandloving.co.za/child/teach-child-patience>

Many Thanks,  
The Stillness Staff

