

Reset for Patience

**Kevin Plummer, Ph.D.
School Clinical & Consulting Services
2020**

Reset for Patience

Patience is a very important life skill and it is consistently embedded in social emotional learning efforts in schools (see social emotional learning at <https://kevinplummerphd.com/>). The most effective social emotional learning efforts are the ones that happen in real time in the classroom (more so than the ones that are taught as lessons to the class). Use this routine to help students learn about and apply their patience skills in common classroom situations—in real time—where too much impatience has been shown, or when impatience rises to a consistently high level and it is best to reset the situation before moving on. The resetting process is really a reminder process and a way for students to return to an established skill set and an understood classroom value, an established way of doing things in the classroom. Also, use this routine to prompt the students before they enter situations that require even more patience. Ensure that a visual display of this routine is available as a reminder.

Reset for Patience Routine

Wait your turn to use classroom equipment and materials.



Listen with patience, think about what you want to say, and wait for your turn to speak.



Share teacher attention.



Wait calmly for the teacher to respond to you.

Ask for help when you need it.



Ask permission before you go ahead.

Request clarification when needed.



Show good impulse control, stop and think before acting.

Before beginning the task, first think about what you will need to complete the work.

Achieve a calm state before deciding what to do.

Wait calmly for things to begin.



Reset for Patience

Be calm and patient when you're disappointed.

Stay calm and patient while problem solving

Be patient when you have to wait and when you have to sit still and listen.



Be patient by being agreeable with teacher requests.

Adjust patiently to changes in routine.

Give yourself time to warm up to a new experience.



Be patient when there are a lot of directions and the teacher is talking to everyone at once.

Accept help when it is offered.

Accept feedback and suggestions and try to improve.



Be patient and try before asking for help.

Understand the directions before starting.



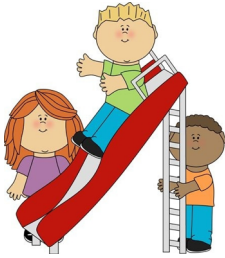
Be patient by staying positive and continuing on when you get it wrong.

Be patient and try your best when it is something you do not like to do.

Be patient and try again when you're not successful.

Reset for Patience

Keep working and be patient when the task is very difficult or it isn't going well.



Be patient and wait your turn when doing things with classmates.

