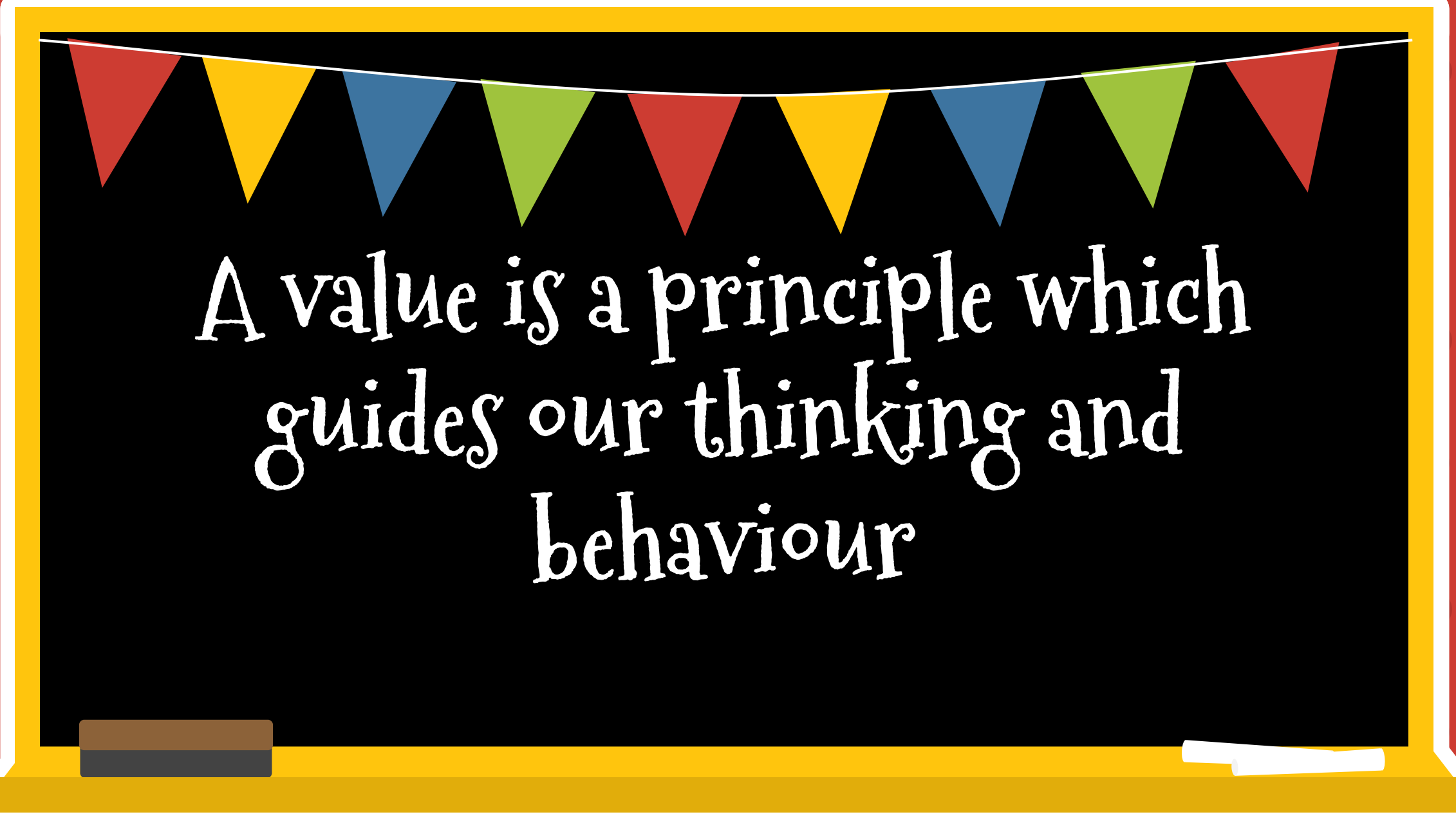






Value of the Month

March 2025



A value is a principle which
guides our thinking and
behaviour



September - Friendship

October - Fairness

November - Cooperation

December - Peace

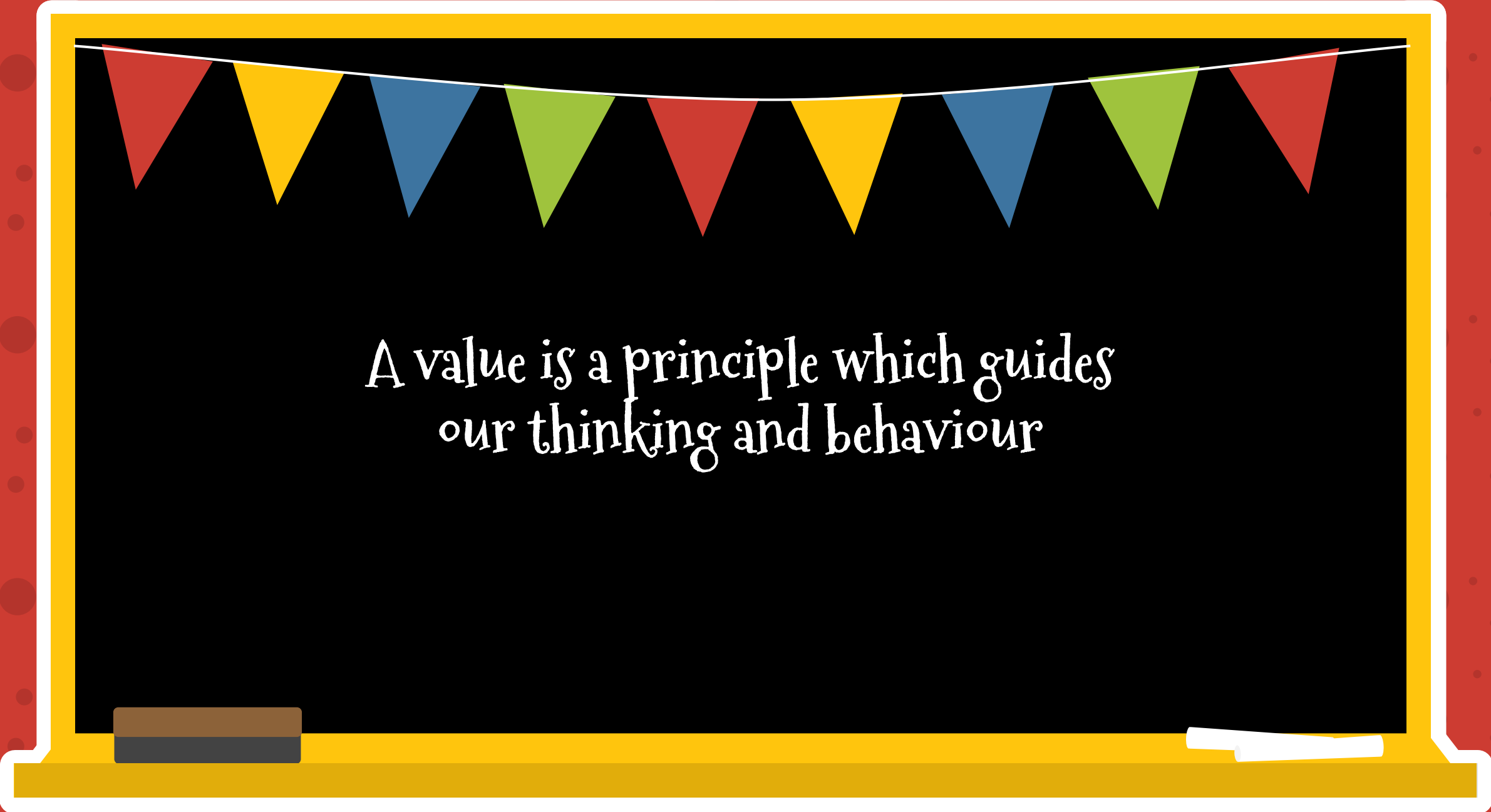
January - Positivity

February - Compassion

Last month's value

How did exploring the
value of **Compassion** guide
your thinking and
behaviour?





A value is a principle which guides
our thinking and behaviour



March 2025's Value

Patience

Patience mean?

Patience is the ability to accept delays, difficulties and problems with tolerance and without anger or resentment. Patience means being able to wait until it's time, staying calm and not becoming annoyed.





Which of our
school values can we connect to this one?

Tolerance Fairness

Respect

Friendship

Cooperation

Self Control

Patience



Which of our
Learner Behaviours can we connect to this one?

Determination
Resilience

What is...?

Patience

**Where might we
show patience in
school?**

What is...?

Patience

**Where might we
show patience
outside school?**

What is...?

Patience

**Why is it important to
be patient?**

Stop

and

Wait



What is the opposite of patience?

Impatience

What is...?

Patience

Where might we see
IMpatience in
school?

What is...?

Patience

Why is it important to
show **PATIENCE** to
others?

What is...?

Patience

**What can you do if you
are feeling IMPATIENT?**

What is...?

Patience

**What else could you do?
What would be useful?**



BREATHE.
As I zoom my attention to my breathing, I will take extra long out-breaths.



Imagine a peaceful and calming place.



Ask my teacher for help if I feel upset or overwhelmed.



Roll my neck and shoulders.



Think of at least 3 things I am grateful for.



Tell my teacher I would like to help or take on a classroom responsibility.



Squeeze my fists together as hard as I can...hold...then relax my hands.

Ask to deliver books to the library or another class.



Push against the wall as hard as I can and then relax my body.



Ask my teacher for help if I feel upset or overwhelmed.



Doodle, draw, or color.



Count to 10 and back together with my breath.



Use "I-statements" to express how I am feeling, what I need, or what I hope for.



Invent a secret hand signal with my teacher that communicates I need help.

Squeeze a stress ball or use another teacher-approved fidget.



Ask to work with a buddy.



Stretch.



Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.



Move away from the distraction or person who is bothering me.



Write down my thoughts or questions if my teacher can't address them right away.



Volunteer to help clean or organize the classroom.



Ask permission to take a short walk down the hallway or up & down the stairs. And then return.



Drink water.

Pause

Devise a secret code word or signal with my teacher that means time to get back on track."

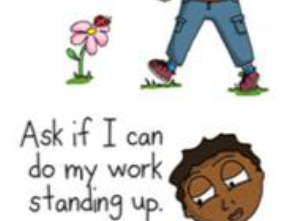


Go outside during recess and notice the sky, trees & sounds from nature.

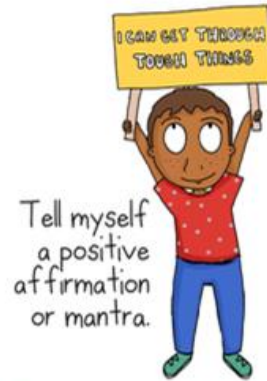




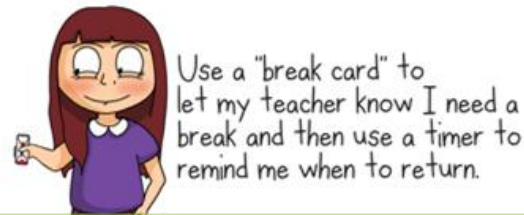
Tell my teacher I need help with the assignment or lesson.



Zoom in on my senses and notice 3 things I see, 3 things I hear, and 3 things I feel.

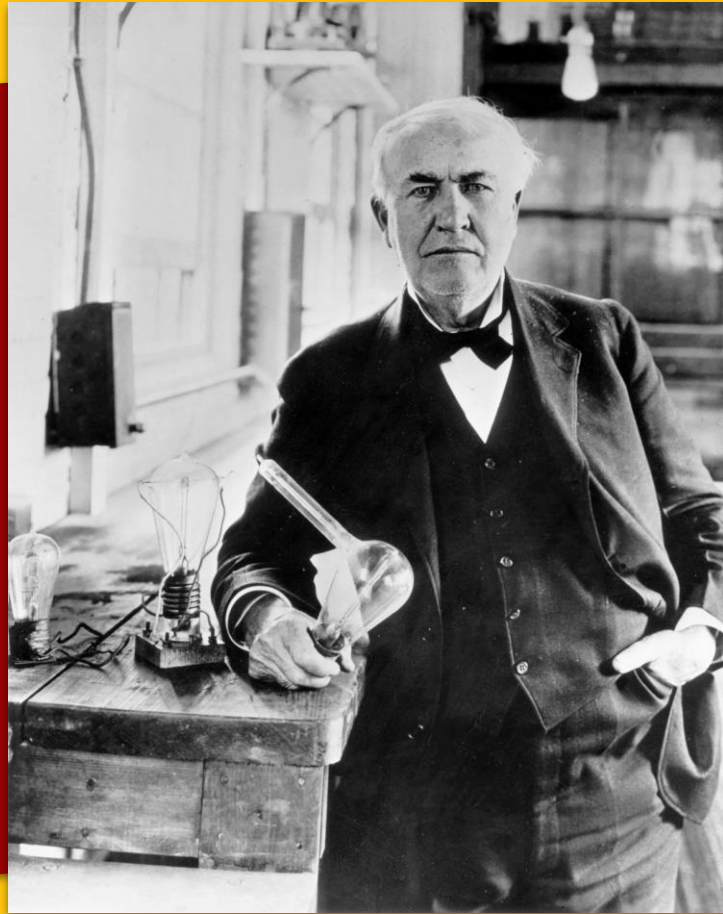


Do an act of kindness.



What is...?

Patience



Thomas Edison

What is...?

Patience





Remember! Cofiwch! Always try to be:

Ready,
Respectful,
Safe, and Kind

What is...?

Patience



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Joseph

