



# I'm Patient Because I Am

## My Patient Collage

### Instructions:

Think about the times you've had to be patient and what helps you stay calm. Create a collage that represents different aspects of patience in your life. Use the ideas below to get started and add any other categories you can think of! Paste your favorite pictures from magazines or draw your own.

### Categories to Include::

- Times I showed patience
  - My favorite quiet activities
  - Ways I calm myself
  - Moments when waiting was worth it
  - People who help me be patient
  - Places where I feel peaceful
  - Things I am learning to wait for
  - My favorite relaxing spots
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Display it proudly to celebrate all the wonderful things that make you, YOU!