

Why Wait?

Waiting is a life skill that you will use a lot. People first have to learn to wait as infants (waiting for our bottle or food, waiting for a diaper change, etc.) This is very difficult for babies since they want their needs met immediately and have no concept of time. But...as we grow older, it is important that we learn to wait for things.

Complete the list below with things that people have to learn to wait for.

1. Wait to get help from your teacher
2. Wait to talk to your mom while she is on the phone.
3. _____
4. _____
5. _____

As you get older, you learn that waiting is a part of life. Sometimes it can be difficult to wait because you really want to tell someone something or feel that you need to do something right then. It can be hard to understand why you have to wait, but there is usually a good reason for it.

It is okay to politely ask why you need to wait if you don't understand. This may help you to be able to take the other person's perspective on the situation and can help you be more tolerant about the wait time.

Sometimes, it helps to have something else to do while you wait. Finish the list of strategies you can use while you are waiting.

1. Sit in a chair. Sometimes sitting down help people feel calmer and more patient about the wait.
2. Write down what it is that you want to say so that you don't forget while you wait.
3. _____

4. _____
