



**Patience** is not simply the ability to wait. It's how we behave while we're waiting.

—Joyce Meyer

Southbury School Value for this half term is:

## **Patience**

Never giving up.  
Discovering something new.  
Bouncing back.

### **What does patience look like?**

#### **People who show patience:**

- Wait until it's time.
- Wait without complaining.
- Stay calm and don't become annoyed.

#### **People who show patience realise:**

- That staying relaxed and calm makes you feel better on the inside.
- Staying happy and optimistic increases your self-control.
- That being patient can help you achieve your goals.
- That people work, move and think at different speeds.

#### **People show patience by:**

- Waiting without complaining.
- Staying calm, relaxed and optimistic.
- Being mindful.
- Letting people work, move and think at their own pace.