Why This Lesson Matters

The ability to wait is an important part of emotion management and school success. Research on young children with good waiting skills shows they’re better prepared for the demands of a busy kindergarten classroom.

This lesson may be particularly helpful during a time when children have to wait for things more often. For example, families may have limited access to supplies or food items they’re used to having on a regular basis.

Before the Lesson

Review the lesson concepts from last week and have children think back to what they did to calm down when they were feeling angry. Have them tell a family member or stuffed animal friend about a time they felt angry and what they did to calm down (use the How to Calm Down mini-poster if possible).

After the Lesson

• Remind children to count something quietly to stay calm while they’re waiting.
• Talk about routine times when children have to wait, such as waiting to go outside, waiting to be passed food at dinner time, waiting for a story to begin at bedtime, or waiting to watch their favorite show.
• Have children think of different kinds of counting that will help them wait: counting up from one, counting objects of a certain color or size, counting all the other people at the dinner table, and so on.

Following Through

Use these strategies to reinforce lesson concepts throughout the week.
• Remind children that doing something quiet, such as counting, while they’re waiting can help their bodies stay calm.
• Sing "The Waiting Song" together to reinforce ways to wait: counting, self-talk, belly breathing, or singing a song quietly.

• Ask families to do the lesson Home Link together.

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Use this Family PAK instead. Through June 30, Family PAKs allow you to access all streaming media, downloadable content, and everything else you need.

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSPE FAMI LY68

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