Lesson 15: Handling Waiting

Lesson Concepts

- The Calming-Down Steps can help you manage feeling excited or impatient while waiting.
- Finding quiet things to do that won’t distract others also helps you wait.

Objectives

Students will be able to:
- Identify the Calming-Down Steps
- Apply the Calming-Down Steps while waiting in a game situation

Why This Lesson Matters

The ability to wait is an important part of emotion management. In research on waiting skills, or “delay of gratification,” students with good waiting skills tended to get higher scores on the Scholastic Aptitude Test (SAT) in high school and showed more social-emotional competence in adolescence and adulthood.

During this time of many unknowns and altered schedules, adults and children alike may feel as though they’re stuck waiting. Giving students strategies to handle these uncomfortable feelings can build skills for coping with uncertainty and offer a positive way to frame experiences.

Before the Lesson

Review the following vocabulary words before the lesson:

- Wait: to stay in one place until an expected event happens, or not do something until something else happens
- Impatient: not willing or able to wait calmly
- Excited: very eager and happy about something

After the Lesson

Have students reflect on a situation in which they’re currently waiting. Have students draw a picture of an activity they’d like to do when they’re no longer waiting. Have students describe what kinds of things will make them feel better while they’re waiting.
Following Through
Use these strategies to reinforce lesson concepts throughout the week.

• Cue students to use self-talk—such as “stop,” or “I can wait”—and waiting strategies when they need to wait. Waiting strategies include thinking about something else and doing something that won’t distract others.

• Have students draw a picture of a time when they had a strong feeling. They can write the name of the feeling on their pictures or dictate a sentence about the event to an adult.

• Ask families to listen to “The Calm-Down Song.”

• Ask families to do the lesson Home Link together.

See the lesson Following Through Card for more ideas about how to build on key lesson concepts.

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