

## Patience Is...

- the ability to continue to do something despite difficulty;
- to wait calmly without complaining or becoming annoyed.



# Can you think of a time when you have had to be patient?

on a long journey in a queue waiting for your turn

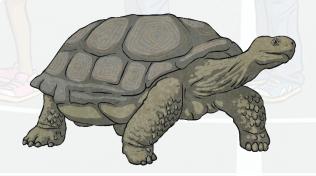
trying to get something right looking forward to something

Once there lived a hare who liked to boast about how fast he could run. Tired of hearing his boasting, a tortoise challenged him to a race. All their animal friends gathered to watch.

"Ready, set, go!" shouted the badger, as he fired the starting pistol.

The hare raced off at top speed and was soon out of sight.

"Slow and steady wins the race," said the tortoise to himself, as he set off slowly.





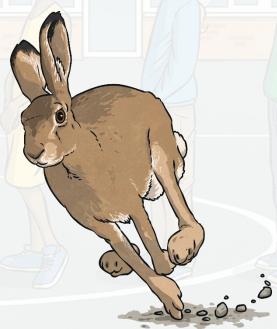
After he had been sprinting for ten minutes, the hare began to feel a little worn out. He stopped underneath a large, shady tree.

"I'll just stop here for a rest," he said. "The silly old tortoise won't catch up with me."

He lay down and closed his eyes. Before he knew it, he had fallen fast asleep!

Quite some distance behind the hare, was the tortoise.

"Slow and steady wins the race," he repeated, plodding along.



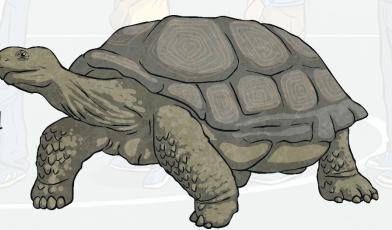
The tortoise persevered, moving as quickly as his little legs could carry him, but extremely slowly to any observer.

His friends cheered him on and even though he was tired, he continued around the race track.

After an hour or so, the tortoise passed the hare, sleeping under a large tree.

"Slow and steady wins the race," said the tortoise. "I have no time to rest."

He continued around the track, spurred on by his friend's cheers and shouts of encouragement.

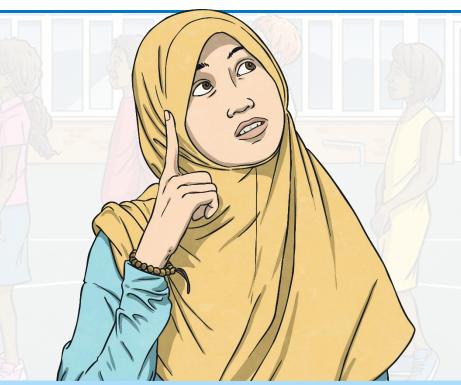


Eventually, all the cheering woke the hare up. He realised that he had fallen asleep and started to panic. Jumping up, he ran as fast as he could towards the finish line, only to see the tortoise get there before him!

"Slow and steady wins the race!" chanted all the animals, as they lifted the tortoise above their heads.



'Slow and steady wins the race.'



How did the tortoise demonstrate patience in this story?

## Let's Think About Patience

Teach me to be patient with life, with others and with myself.

Give me the patience I need to keep going, even when things get difficult.

Help me keep calm and not lose my temper, even when I am upset or angry.