

To my husband: Thank you for believing in me.

PRACTICING PATIENCE

*How to wait patiently
when your body
doesn't want to*

BOYS TOWN
Press

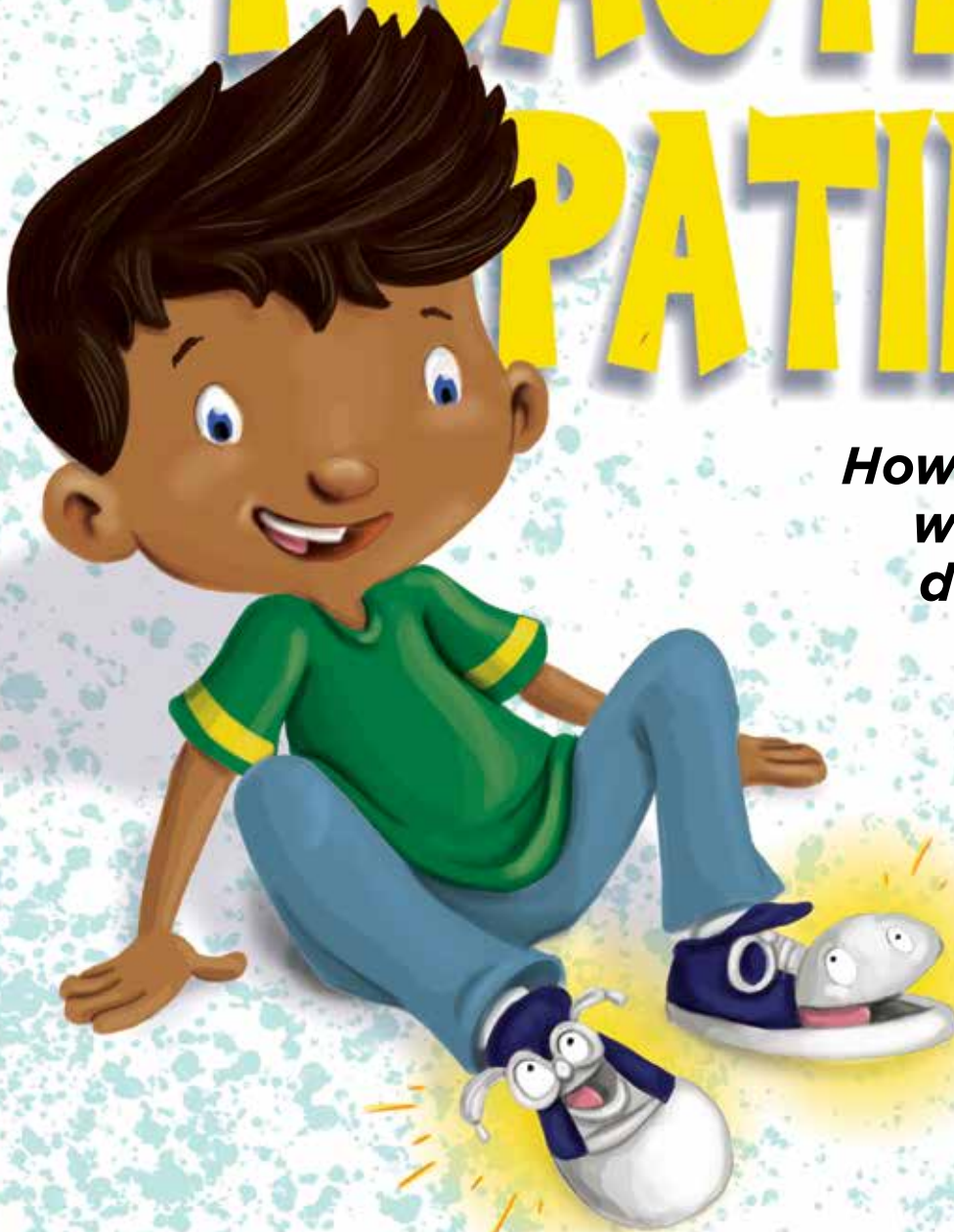
Boys Town, Nebraska

Written by

JENNIFER LAW

Illustrated by

BRIAN MARTIN



Practicing Patience

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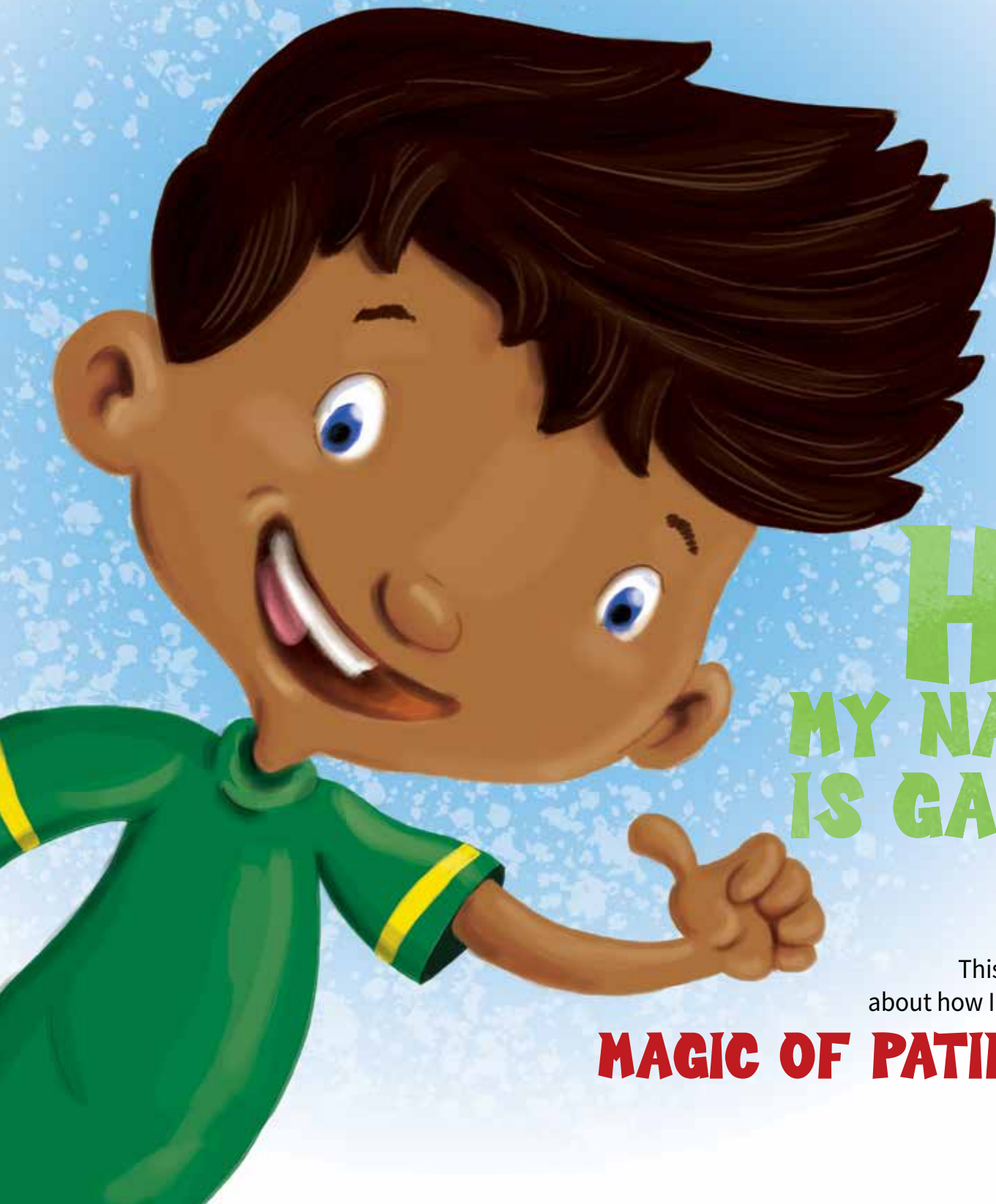
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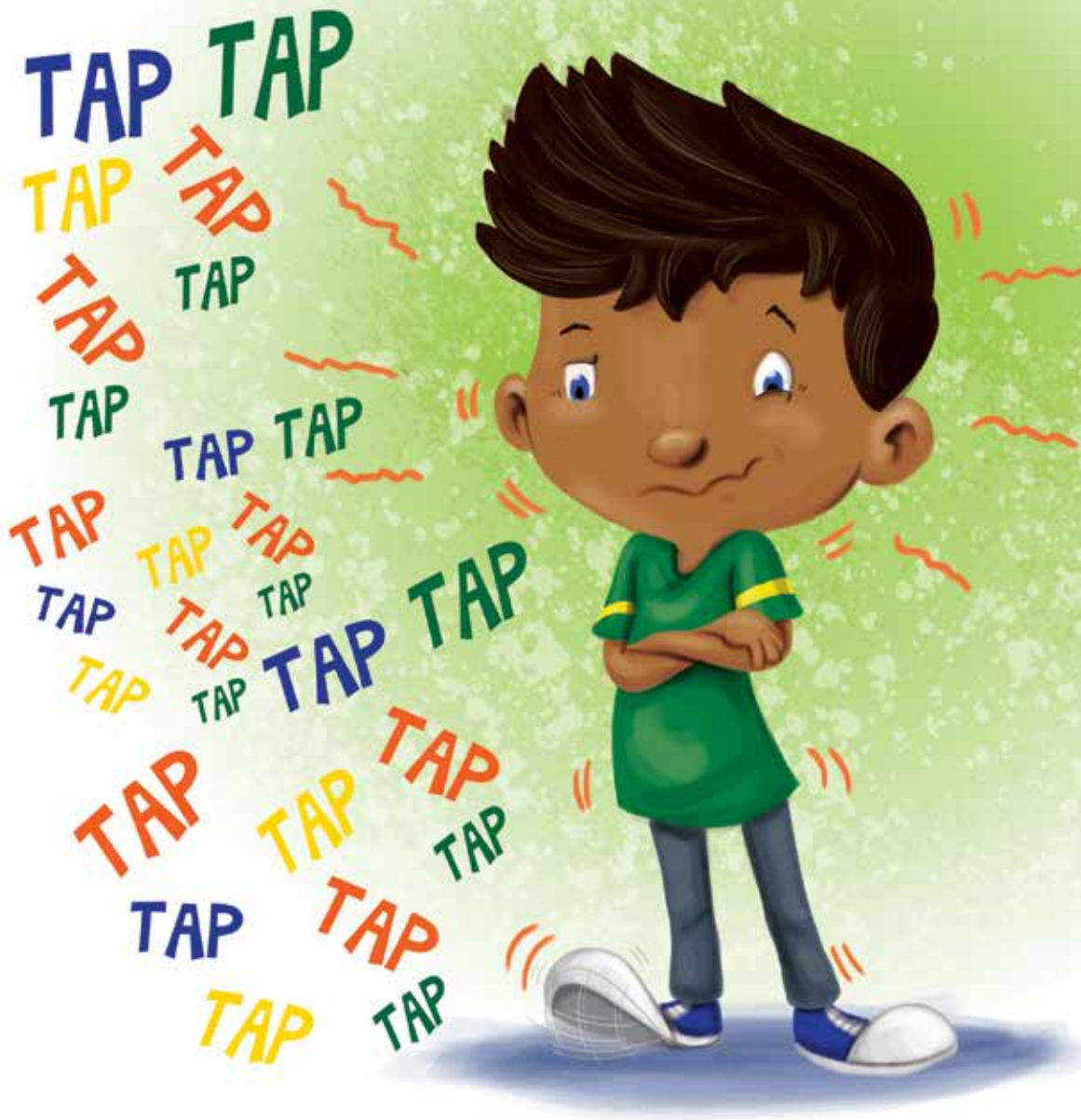




HI!
MY NAME
IS GABE!

This is my story
about how I learned the

MAGIC OF PATIENCE.



PATIENCE IS HARD. NO ONE LIKES TO WAIT. Before, when I had to wait, my head would tell me to wait quietly, but my body didn't cooperate. It was like a burst of energy went from my toes to my nose!

A few days ago, I was at school.
My teacher was calling people
to line up for lunch.



I was waiting for her to say my name.
Well... kind of.

It's SO hard to wait!
***I was starving and people weren't
getting quiet.***



I was talking to Elliott about playing soccer at recess. Next thing I knew, Mrs. Spencer sent everyone back to their desks to try it again. *It was taking forever!* I started bouncing my feet and tapping my pencil.



Then, a weird thing happened. I heard a voice coming from the floor. I looked down. My left shoe was talking! It said, **“Hi Gabe! I notice you’re moving around a lot. It’s hard to wait, isn’t it?”** It was true, so I nodded.

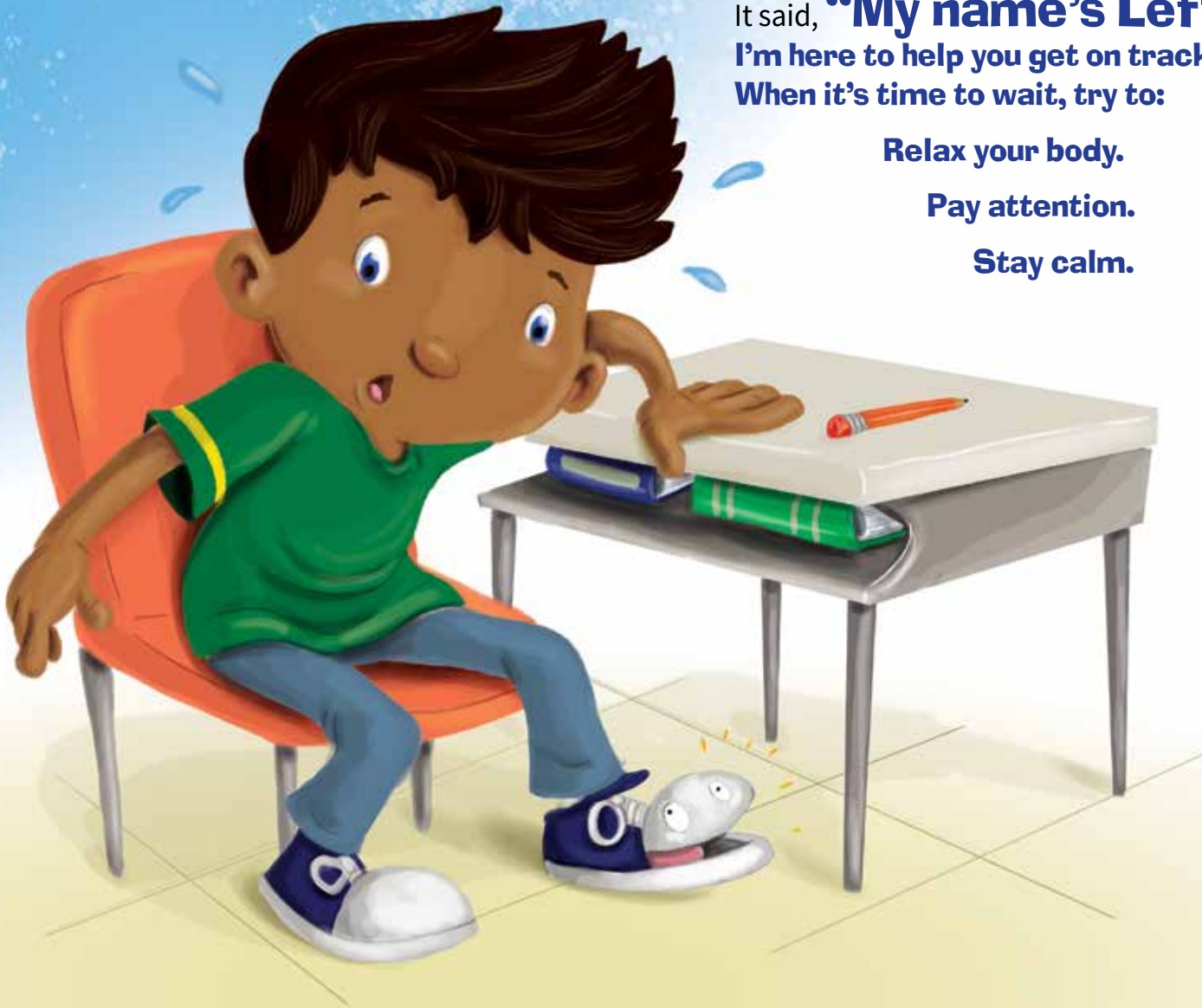


It said, **“My name’s Lefty.**
I’m here to help you get on track.
When it’s time to wait, try to:

Relax your body.

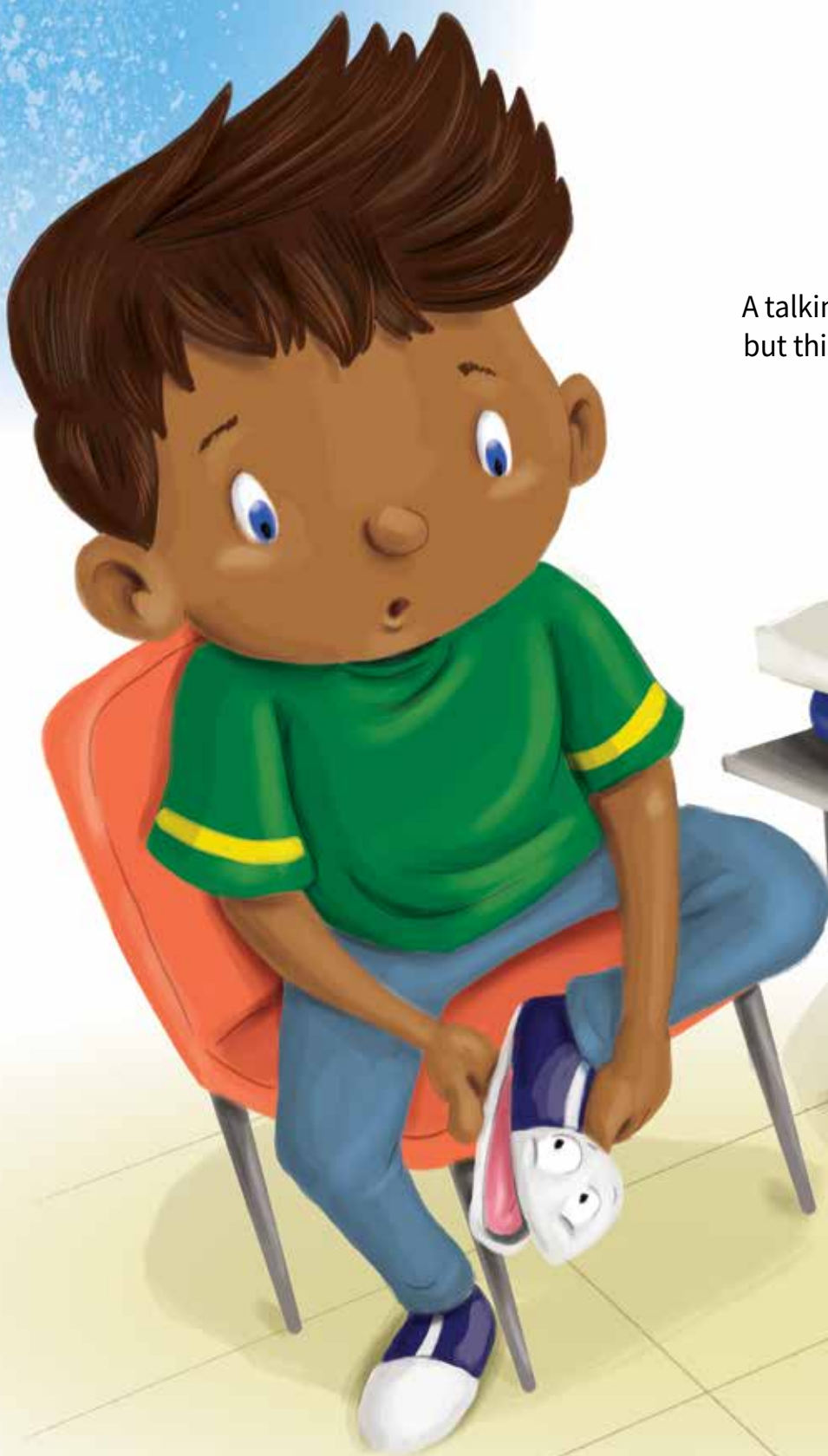
Pay attention.

Stay calm.



“Think of it as a moment to rest. You don’t have to go anywhere or do anything. In a way, it’s a chance to save your energy for later – for something like recess or paying attention in class.”

A talking shoe was definitely weird,
but this one made some sense.



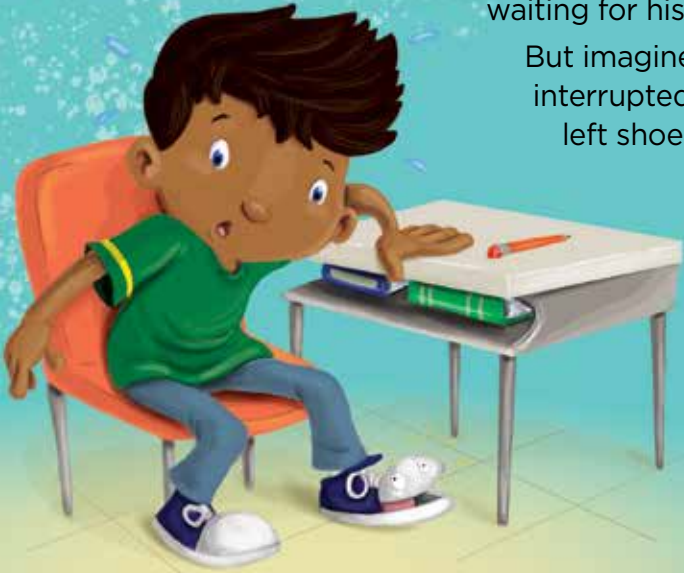
Pages 10-31 are not included in this excerpt.

LATELY, GABE HAS BEEN HAVING A HARD TIME WHEN IT COMES TO WAITING AROUND.

In fact, there's hardly **ANYTHING** worse in Gabe's eyes than having to wait. Whether it's waiting for classmates to get quiet enough to go to P.E., or waiting for his turn in the lunch line, Gabe is just plain **TIRED** of waiting!

But imagine Gabe's surprise when his grumbling and waiting is interrupted by a small voice coming from an unlikely place - his left shoe! That's when Gabe meets Lefty, who notices Gabe's restlessness and provides him with some tips on how to be patient. That sure was surprising for Gabe! But what was even more surprising was when his right shoe, Lacey, pipes in to explain why it's important to practice patience - *even when it's hard!*

Will Gabe be able to use these strategies to keep himself calm and remain patient when he has to wait? PreK-5 students are sure to relate to Gabe's struggles and find ways to use the tips to practice patience at school and at home.



“Practicing Patience is a book that every Elementary school should have on their shelves. The story provides different coping strategies that will help students remain calm in stressful situations. The situations are realistic and the illustrations are captivating.”

– Lois Dennler, Lowell Elementary School Counselor



JENNIFER LAW, an elementary school counselor, has been an educator for more than 15 years. In addition to her master's degree in school counseling, she has a K-6 teaching certificate and a bachelor's degree in psychology. Jennifer lives in Iowa with her husband and their two sons.

BRIAN MARTIN is an award-winning artist whose work has been featured in publications across the country. He is a graduate of Savannah College of Art and Design.

