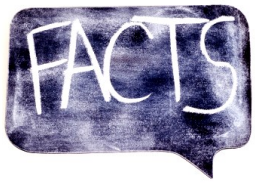
Leaps © 2013

# AIM: Working Patiently

**Our Target:** We're going to help our kids understand how to get through one task at a time by paying attention to all the instructions and then patiently working through all of them until the job is done.




**Girls' & Boys' Brains:**

- Most girls' brains are wired to be better listeners of spoken directions but boys tend to understand better when they can see a picture of what you're trying to say.
- Small amounts of movement can help boys stay focused.

Trying to give your instructions in one minute or less helps kids follow along and better remember what they're supposed to do.

**Targeting More Meaningful Parental Involvement**

Leaps Correlations:
Paying Attention: Following Instructions | Learning to be Patient | Learning to do Schoolwork: Task Completion For Beginners

selforschools.com

**TEAM UP! Try these simple ideas to help your child want to talk.**
Just before you start making dinner one night, have your kids stop what they're doing and come help you in the kitchen. Have all of the ingredients set out on the counter and ask them if they think you can just throw them all in a pot and stir (boxes, uncut veggies and all). Give a good laugh and tell them that most things in life come with instructions, from meals to homework.. and if you are not patient with all the directions, dinner will be gross! Have your kids watch you make dinner while you talk about all the steps you're doing. It'll be good practice and great time together.

## Talking Tips to help you sit down and start the conversation...

It is going to be really important to let your kids know they have to **BE PATIENT:**

- listening for all instructions. It's easy to get distracted or think they're finished before all directions have been said. Anyone that doesn't hear *all* the instructions won't do anything well.
- with themselves. It feels good to finish things, even if their friends are knocking on the door or their video games are calling their name. As the parent, make sure all homework is done before you let your kids do anything else. This will start a great habit.

As the parent, you need to be patient with your kids learning these new habits. That does not mean letting them get away with not following instructions; it just means not losing your temper when you are all learning how to do this together.

**Don't Interrupt.** If you talk while someone else is talking, it means that you are not listening to them patiently, and you are not going to be able to hear any instructions if you are talking over them. Help your child notice when they interrupt, and try your best not to interrupt your kids. Teach your kids by starting to SHOW them these good habits.

**Repeat.** Have your kids repeat, in their own words, what they are supposed to do before they begin. If they can't do this, you know they were not listening very well. Don't lose your patience, just tell them the instructions again, and this time they will know that they are going to have to repeat them for you.

# AIM: Working Patiently

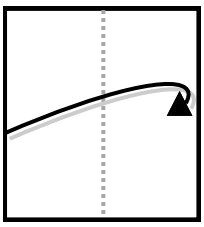
**Decision Time:** It is time for you and your kids to Choose to work together to get better at listening to all the instructions and working patiently until the job is done. Chores and homework will both get better if your kids know what to do and are taught to finish one thing at a time. You and your kids should repeat together: "*You can do a really good job at the wrong thing if you don't follow instructions.*" This is very true, and the result will be bad grades if it happens in school… or some bad dinners at home!

## Give it a Try! A chance to practice the target skills together at home:

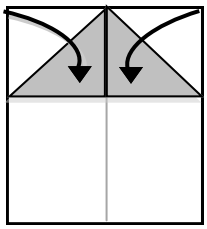
## Make a Paper Airplane! All you need is a piece of paper.

Test out your new listening and direction-following skills by taking a little bit of time to follow the instructions below. Do this together to practice patiently working on one thing at a time until the job is done.

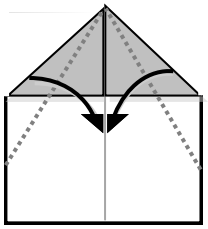
**1.** Take an 8.5" x 11" piece of paper (regular printer or notebook paper) and fold it in half. Crease it with your thumbnail, *then unfold it.*



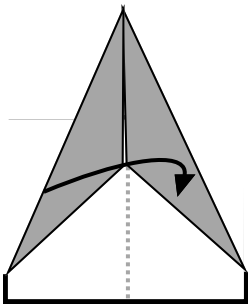
**2.** Fold down the top two corners like the picture to the right shows.



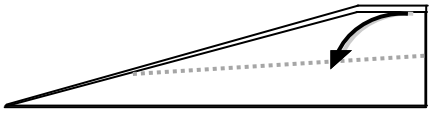
**3.** Fold the two edges in to the middle line like the arrows show.



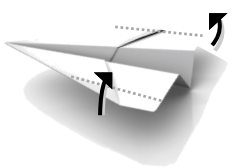
**4.** Take the left side of the paper and fold the whole thing in half, so that the left side is on top of the right side.



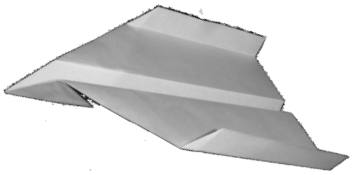
**5.** Fold each side down in half like the picture shows, leaving a little bit of the point unfolded.



**6.** Fold up a little part of each wing so that it the piece stands straight up.



## 7. You're ready for take-off!



**Targeting More Meaningful Parental Involvement**

Leaps Correlations:
Paying Attention: Following Instructions | Learning to be Patient | Learning to do Schoolwork: Task Completion For Beginners

**selforschools.com**

## Stay On Target

**Tips to help keep your child's new skills in action at home and school.**

- Read all the notes that come home from your child's teacher.
- At home and at school, the rules are the instructions on how to behave.
- If your child is having trouble behaving in class, let them know that those instructions are just as important as homework or chores. Most of the time, the rules are much easier to follow than homework instructions!

Leaps © 2013