

Patience

"Adopt the pace of nature. Her secret is patience."

~Ralph Waldo Emerson (Poet)

Name: _____

What does it mean to be patient? _____

Being patient is hard sometimes. When do you have the most trouble staying patient? _____

How is being patient different from just waiting? _____

How does martial arts help you learn to be patient? _____

What do you look like when you're patient? Draw a picture of yourself showing perfect patience!!

