

## **Fruits of the Spirit – Patience!**

- **Introduction:** Ask the children if there is anything they are excited about or looking forward to / waiting for, and talk about it with them.
- **Activity:** Sweet treat challenge: Have a pot with one Sweet/Marshmallow/Biscuit in for each child. Tell the children they have a choice they can either have one Sweet/Marshmallow/Biscuit now or if they wait patiently till the end of the session, they can have 3 Sweeties/Marshmallows/Biscuits. Then discuss with the children their choice, how patient they are being and how hard it is to be patient.
- **Sing:** Great Big God, Superhero, Lighthouse, Wiggle Freeze, Wiggle like a worm.
- **Talk:** What is Patience? **Patience is waiting for something without getting angry or upset.** It can also be keeping calm with people and loving them even when they are being difficult or make mistakes. Do you think it's easy or hard to be patient and wait for things? **It's hard (If the children say easy talk to them about what makes it easy for them).** Being patient can be really hard because we are used to having things instantly with fast food, next day delivery, google search for information and downloadable games. We can also be used to having things our own way or just the way we like them and that can stop us from being patient towards others. Let's see what happens in Micha's Vlog today!
- **Watch/Read:** <https://youtu.be/Ge-s3zvSw5I>. Read Galatians 5:22 & 23 and Ephesians 4:2. Or Lottie's Fruits of the spirit Patience You Tube at <https://youtu.be/0lon36gqxm>
- **Discussion:** In today's video why do you think Lydia found it hard to show Patience? **Lydia was hoping for some quiet time in the library to work but Micah was eating crisps and slurping his drink.** What are some of the things the children need to be patient for? **Maybe for our Mum or Dad to make the dinner, for Mum or Dad to finish work so they can play, Play dates, Birthdays, Christmas.** When have the children tried to be patient? Did they manage to stay patient? What happened? **(Share some of your experiences with the children).** Can the children think of a time when God gave them the patience they needed? **(share one of your experiences).** Ephesians 4:2 tells us to be patient with each other, making allowance for each other's faults because of your love. How can we show patience? **We can distract ourselves by finding other things to do while we wait, be kind to others especially if they are being difficult, tell ourselves this waiting or difficult time will pass, when playing a game we can sit and cheer other players on while waiting for our go, we can remember that God is patient with us even though we mess up/make mistakes time and time again so we can be patient with others. We can ask Jesus to help us to be patient in all situations**
- **Pray:** Dear Jesus thank you that you are patient with us. We are sorry that we don't always wait patiently or are patient with others. Please teach us how to wait without complaining and how to be patient with each other. Help us to be joyful while we wait and loving with each other. Amen
- **Make:** A Patience Cup Catcher, using a paper cup/yoghurt pot/kitchen roll tube put a hole in the bottom by poking a pencil through it. Take a piece of string or thread and thread it through the hole tying a knot in the end that is in the cup. On the other end of the string/thread tie a button/bead or sticky tape a ping pong/bouncy ball to it. You may wish to take a piece of paper that will wrap around your cup/pot/tube and decorate it with pens, pencils, stickers, feathers, sequins anything you have to hand. You might just want to draw a nice picture on it and then glue

it around your cup/pot/tube. Then you have your cup catcher, now to turn it into a patience cup catcher, as you need patience to try and catch the button/bead/ping pong/bouncy ball in your cup/pot/tube see how many times you can catch it in a row.

- **Make:** Patience Weaving Plate. Take a paper plate or a circular piece of cardboard a similar size to a plate and cut 12 slits in the top and bottom of the plate or cardboard. Then with some wool or string wind it through the slits from top to bottom (see example below). Then take some strips of coloured paper or card and thread them through the string first over the string then under the string and over the string alternatively until you reach the end of the strip of paper/card. Then start the next strip of paper/card in a different colour the opposite way to the previous strip so if you went over the first piece of string go under it and so on until you have filled the whole plate with coloured strips and made a pretty colourful pattern. Then take some sticky tape and stick all the ends in place so they don't keep slipping out. You may wish to do this as you go along if they keep slipping. This craft will take patience as its quite fiddly but it good to practise patience for when we need it.
- **Make:** No sew juggling balls, you will need; rice, a plastic cup, 3 small sandwich bags, 6 balloons and a pair of scissors. Using about half to a full plastic cup of rice depending on the size of your balloon. Make a mark on the cup so you know exactly how much rice you need for the following two balls. Pour the rice into a small sandwich bag and create a ball by twisting the bag round tightly until all the excess air is out of it and the bag is shut. Then wrap any excess bag over the ball and do the same on the other side twisting the bag until it is shut around the ball. Repeat this until all the excess bag is used up and the bag is nice and neat around the rice. Take one of the balloons and cut the neck off and put the ball of rice inside the balloon. Then take another balloon either the same/different colour and cut the neck off another balloon. Then place the ball into this balloon hole side going in first. Then repeat the above steps for balls two and three using different colours if you like. If you would like to make your balloons more colourful take the cut off necks and cut off the thick band at the end. Then using the strip that is left stretch this over the ball to make different coloured stripes on your juggling balls. Now try juggling this will take a lot of patience and determination!!
- **Copy:** The attached and colour in colouring pages
- **Play:** Let the children play with their patience catchers see how many times they can catch their ball/Button/bead in the cup/pot/tube. They can also practise juggling help them to keep patient and calm during this. Get some games or toys out and ask the children to take turns and wait patiently for their turn. They could cheer others on while they wait their turn.
- **Drink and biscuit (depending on whether the children ate theirs at the start or waited patiently to the end!)**

Patience Catcher



Patience Weaving



No-Sew  
**JUGGLING BALLS**  
Circus Skills for Kids





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