

nurturing potential



Patience & Tolerance

Preparation;
Session worksheets

Objectives

Helping pupils to understand and appreciate the values of patience and tolerance by imagining themselves in someone else's shoes.

Start the Session

Divide the group into equal work groups of up to 10 individuals.

Definitions of key words (ask group to guess before disclosing):

Patience: 'Calm even when in discomfort or someone is trying to provoke you'
'Perseverance' 'Quiet while waiting for something' 'Accepting'

Tolerance: 'Allow something without interference or voicing opinion'

Allocate one of the following tasks to each group. Ask them to discuss the situation and be prepared to share their answers with the rest of the group;

1) Imagine you are moving from a foreign country to live in the UK. You speak very little English and do not know anyone. Answer the following;

What would it be like?

What would be different?

Explain why you would need to be patient and tolerant.

Explain why people would need to be patient and tolerant towards you.

2) Imagine you are moving from England to live in a foreign country – for example, China. You do not speak the language and not much English is spoken.

What would it be like?

What would be different?

Explain why you would need to be patient and tolerant.

Explain why people would need to be patient and tolerant towards you.

Finish session with 5 minutes relaxation to calm down before they go back to class.

See '**Relaxation**' notes for details.

Close session thanking participants for their time and contributions.



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Name:	Date:
Session Number:	Session Name: PATIENCE & TOLERANCE

Developing and understanding of why patience and tolerance are important, and how they can be used.

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