



I Can Wait Patiently!

A calming lesson for little hearts (Ages 3-5)



Big Idea

Waiting patiently is good.



Heart Goal

The child experiences patience as calm and strong, not as punishment.



Lesson Objective

The child notices a simple waiting moment and practices calm behavior.

Language Focus: Patience



Story Time with Suleiman

Suleiman stood in line for his turn . In front of him, two other children were waiting too.

He wanted to go first. His feet moved a little. His hands almost reached forward. 😞

Then he heard his teacher say, "*Wait patiently.*"

Suleiman took a breath. 😞

He stood still. He kept his hands to himself. He watched the line move one child at a time.

It felt a little hard, but he stayed calm. 🌿

Soon, it was his turn.

His teacher smiled and said, **"You waited patiently. Well done."** 🌟

Suleiman smiled proudly. Waiting had been hard for a moment, but he had done it! 😊

Now he knew that patience means staying calm and waiting in a good way.

He whispered,
"I can wait patiently." 🐢

Talk Together

- Where was Suleiman waiting?
- Was it easy or a little hard?
- What did he do while he waited?

Let's Say It!

"I can wait patiently."

Tiny Dua

O Allah, help me be patient.

Practice Today

When you have to wait for food, a turn, or help, practice standing or sitting calmly. 🧘

Teacher/Parent Note:

This lesson should be concrete. Use real waiting moments from the child's day. Acknowledge that waiting is hard, and praise them when they show the strength to stay calm.