



Real Life
Families

Real Solutions for Real Life

THE PATIENCE LIST

What to do while
you're waiting...

- | | | |
|---|---|---|
| A Act out a scene from a movie. | K Kick a ball outside. | |
| B Be helpful. Be creative. | L Learn something new. | U Unload the dishwasher. |
| C Color. Clean. Create a list of ways you could make the world a better place. | M Make something colorful. | V Vacuum. |
| D Dance. Draw. Design. | N Name all the animals you can. | W Walk. Write a story or a thank-you note. |
| E Exercise. Encourage. | O Organize something. Offer to help. | X X-tra time alone. |
| F Finish a project. | P Play. Pray. Paint. Put away laundry. | Y "You" time--do something you enjoy. |
| G Guess how many items are in a jar. | Q Quiet your mind. | Z Zone out--think about a great vacation spot. |
| H Have a glass of water. | R Read a book. | |
| I Invent something new. | S Sing. | |
| J Just be quiet. | T Talk. Think. | |

Love is patient. Love is kind... 1 Corinthians 13:4