



Agency for International  
Programs for Youth  
Republic of Latvia



Co-funded by the  
European Union

# MOPYL

Mobile Program for Youth Learners



## LESSON PLAN 28

### PATIENCE: THE REMEDY FOR EVERYDAY LIFE

#### PART A: LESSON METHODOLOGY

QUALITY	Patience
<p><b>GENERAL DESCRIPTION OF THE QUALITY</b></p>	<p>According to Wikipedia, Patience involves:</p> <ul style="list-style-type: none"> <li>● perseverance in the face of delays,</li> <li>● tolerance of provocation without responding in disrespect/ anger,</li> <li>● forbearance when under strain,</li> </ul> <p>According to Mindful, a patient person is that who is able to wait calmly in the face of frustration or adversity.</p> <p>What is Patience then? According to Wikipedia, Patience it is the following: <i>Patience is the quality to endure difficult circumstances.</i></p> <p>According to <a href="#">Oxford dictionary</a> definition of patience is:</p> <ul style="list-style-type: none"> <li>● the capacity to accept or tolerate delay, problems, or suffering, the bearing of provocation, annoyance, misfortune, or pain, without complaint, loss of temper, irritation, without becoming annoyed or anxious, or the like;</li> <li>● an ability or willingness to suppress restlessness or annoyance when confronted with delay.</li> </ul> <p><a href="#">Wikipedia</a> defines patience as the ability to endure difficult circumstances. Patience may involve perseverance in the face</p>

	<p>of delay; tolerance of provocation without responding in disrespect/anger; or forbearance when under strain, especially when faced with longer-term difficulties, or being able to wait for a long amount of time without getting irritated or bored. Patience is the level of endurance one can have before disrespect. It is also used to refer to the character trait of being steadfast.</p> <p><b>Patience in Youth</b> Patience improves youth's ability to accept setbacks and enjoy life much more. There is a saying; “Good things come to those who wait.” Patience allows youth to persevere and make more productive decisions, often leading to greater success. Yet, youth according to researches done is more impatient than just a ten years ago. Therefore it is necessary to train the patience, which can be done by modelling patience, using reflective listening, keeping reasonable expectations, helping to develop strategies for waiting, using a timer to help a youth visualize the wait. This lesson will model patience in final part of the lesson, reflective thinking through listening to Job’s story at first and discussion after and through the timer task for visualization.</p>
<p><b>GENERAL DESCRIPTION OF THE LESSON</b></p>	<p>The lesson consists of three parts - introductory part (~ 10% of the time), main part (~ 75% of the time), final part (~ 15% of the time). The introductory part consists of: a) links with other lessons; b) introduction. The main part consists of theoretical and practical (individual, pair, group) parts. The final part consists of a lesson summary and conclusions, feedback, questions and answers.</p>
<p><b>AIMS OF THE LESSON</b></p>	<ol style="list-style-type: none"> <li>1) to learn the positive features of patience;</li> <li>2) to learn how to practice patience in the perspective of practical situations and given stories;</li> <li>3) educate the students on the importance of being patient when setting objectives.</li> </ol>
<p><b>NON FORMAL EDUCATION METHODS OF THE LESSON</b></p>	<ol style="list-style-type: none"> <li>1) theoretical training,</li> <li>2) discussions, debates, learning to learn, simulation, observing, feedback, questions and answers, etc.</li> </ol>

<b>AGE GROUP</b>	13-15 years old
<b>EXPECTED OUTCOMES OF THE LESSON</b>	<ol style="list-style-type: none"> <li>1) students understand that patience is one the most important fruits of their spirit;</li> <li>2) students get to reflect on the fact that patience is the best ability to practice in order to reach their goals and learn on the way;</li> </ol>
<b>PART B: LESSON DESCRIPTION</b>	
<b>SLOGAN</b>	<p><i>To lose patience is to lose the battle.</i></p> <p style="text-align: right;"><i>Mahatma Gandhi</i></p>
<b>DILEMMA</b>	<p>Patience was selected as one of the 13 values. Within the project life-time, 305 young people of age 14 – 15 years were questioned regarding the thirteen values promoted by the project MoPYL, which helped to see the focus of the young people and develop lesson plans taking into account needs and expectations of youth.</p> <p>The hexagon Figure 6 reflects the average position for each of Core values and country. It could be seen that Latvian participants are nearer to the Core Values centre, which means that all values, including patience, are similarly equal to them, while Romanians are quite near in Joy, Love and Peace. Spanish participants are more similar to Romanian, with a slightly larger offset in Love, Joy and Peace (page 18).</p> <p>Thus the Figure 6 clearly shows that ‘patience’ is not that significant among the young people as other values (leadership, responsibility, belonging, self-motivation, love, joy an peace). Yet, the youth leaders, should pay attention also to the quality of patience, which among grownups is known to be significant in the daily further life.</p> <p>Yet, patience was mentioned by female respondents along with another quality promoted by the project MoPYL – love:</p>

	<p><b>‘In terms of values, women gave significantly higher priority than men to the value "Love" and lower priority to the value "Patience"’. And further on in the same context and by the same female respondents, patience was mentioned within the highlighted values: ‘Love should be used to promote other values that are highly important in a functional human being like patience and kindness’ (page 6 of the Results part).</b></p> <p><b>The results of the MoPYL Research Report helped the project consortium to decide upon the amount of values of patience to be promoted by the project plans.</b></p> <p><b>See the full project MoPYL Research Report in the project’s homepage <a href="http://www.mopyl.eu">www.mopyl.eu</a>.</b></p>		
<p><b>MATERIALS NECESSARY FOR THE LESSON</b></p>	<p><b>Projector, screen, computer, access to Wi-Fi or mobile internet, flipchart, white paper, markers, pens.</b></p>		
<p><b>LESSON LENGTH</b></p>	<p><b>1 learning hour, i.e. 45 minutes</b></p>		
<p><b><u>INTRODUCTORY PART</u></b></p>	<p><b>Anticipatory set</b></p>	<p><b>3 minutes</b></p>	<ul style="list-style-type: none"> <li>● <b>greeting and engaging students</b></li> <li>● <b>connection with prior learning on the topic</b></li> <li>● <b>explanation of the current lesson’s material</b></li> <li>● <b>explanation of tasks for the students</b></li> <li>● <b>connection to the future learning</b></li> </ul>
	<p><b>Introduction of the new material</b></p>	<p><b>2 minutes</b></p>	<ul style="list-style-type: none"> <li>● <b>direct instructions of the content</b></li> <li>● <b>modelling of new values – patience</b></li> <li>● <b>checking of students’ understanding</b></li> </ul>



Agency for International  
Programs for Youth  
Republic of Latvia



Co-funded by the  
European Union

# MOPYL

Mobile Program for Youth Learners

<p><u>MAIN PART</u></p>	<p>Guided practice</p>	<p>30 minutes</p>	<p><b>TITLE:</b> Patience: the remedy for everyday life</p>
	<p>Once there was a great king. One day he was travelling alone in a forest. Soon, he lost his way. He looked around from a hilltop but could not see any people or villages nearby. It was becoming dark. After some time, there was light shining from a long distance.</p> <p>Then he started walking in that direction and soon reached a hut. Outside the hut, he saw an old lady cleaning the place. Seeing him, she welcomed him, thinking that he was a soldier from the army. She gave the king some water to clean himself and water for drinking. She then spread a mat for him to relax.</p> <p>King started relaxing. After some time, she placed a plate of hot rice and curry in front of him. The king was so hungry that he quickly put his fingers on the hot food. The hot food burnt his fingers, and he spilled some rice on the floor. The old lady saw this and said, “Oh, you seem too impatient and hasty like your king. That is why you have burnt your fingers and lost some food”.</p> <p>Hearing the old lady’s words, the king was surprised and asked her, “Why do you think our king is impatient and hasty?” The old lady smiled and began to explain, “My dear son, our king is having a big dream of capturing all his enemy forts. In that, he is ignoring all the small forts and focusing only to capture the massive forts.” The king interrupted the old lady and said, “That’s a good thing. What is the problem with that?”</p> <p>She smiled and replied, “Wait, my son. Like your impatience in eating the food, you burned your fingers and wasted some food. In the same way, the king’s impatience to defeat the enemies quickly resulted in the loss of men in his army. Instead, if you eat the less hot food at the edge first and then at the centre, you would not have burnt your fingers and not wasted your food. Similarly, the king should target the small forts and strengthen his position. It helps him capture the massive forts without losing his men in the army.”</p>		



Agency for International  
Programs for Youth  
Republic of Latvia



Co-funded by the  
European Union

# MOPYL

Mobile Program for Youth Learners

	<p><b>Hearing this, the king understood his mistake and realised that one should have patience and avoid making any haste in any situation.</b></p> <p>The teacher reads the story to the students. The teacher explains that the story shows that when we want to achieve something in life, we should first understand the process and then work on achieving it. If we look for quick results and be impatient, things may become chaotic and we may never reach what we dreamt of.</p>
<p><b>GROUP PRACTICE</b></p>	<p><b>10 minutes</b></p> <p>The teacher asks if there are any questions related to the story of the king. The teacher takes and answers the questions. The teacher addresses the following questions:</p> <ol style="list-style-type: none"> <li>1. Can you name any situations when people want to achieve quick results without putting much effort?</li> <li>2. Did it ever happen to you that you were impatient in a situation and everything messed up? How did you feel? What could have gone differently if you waited?</li> <li>3. What moral do you take from this story?</li> <li>4. Why is patience important?</li> </ol> <p>If the students struggle to name some situations, the teacher will also provide examples: losing weight quickly, achieving a good grade without studying, showing anger quickly instead of analysing the situation.</p>
<p><b>SITUATION</b></p>	<p>The teacher divides the groups into 3 and then reads the situation to each of the groups.</p> <p><b>Situation:</b> in the small town, there is a family of four. They moved to this small town to start a business in pastry as the mother is very talented, as well as the father who has a long experience in baking. For many, many years, they started to save money for this business, received some financial help from their relatives and friends and opened a shop. They opened the business, promoted it in the community and expected customers to come and buy cookies, cakes and other type of pastries. However, on the first day, no customers came. In the first week, only two customers. In one month, barely</p>

	<p><b>10 customers.</b></p> <p><b>Task:</b> imagine that you are in the shoes of the family. What would you do? How would you react? Discuss in teams and then share your thoughts.</p> <p><b>Presentation:</b> the students come in front and present what they would have done and discuss.</p> <p><b>End of story:</b> the teacher ends the lesson with the following continuation of the story: The family did not give up. Every day, they were waking up early and preparing the pastries. The quality of the products was always high, irrespective of how many customers came. After 2 months, more customers started to show up. Now it's been 25 years since he started the business. It is still running and expanded, having now multiple branches.</p>	
<p><b>MORAL</b></p>	<p><i>“Patience is not the ability to wait, but the ability to keep a good attitude while waiting.”</i></p>	
<p><b><u>FINAL PART</u></b></p>	<p><b>12 minutes</b></p>	<p><b>Brief summarising of the lesson, discussion of the lessons learned, debates if the learners raise unclear, discussable issues.</b></p> <p><b>Feedback of learners for the best practices to be applied for future.</b></p>
<p><b>REFERENCES</b></p>	<ol style="list-style-type: none"> <li>1. <b>Erasmus+ Project.</b> 2022. <i>Mobile Program for Youth Learners. MoPYL Research Report.</i> Available at: <a href="http://www.mopyl.eu">www.mopyl.eu</a>.</li> <li>2. <b>Oxford Learner’s Dictionaries.</b> <i>Patience.</i> Accessed: 12.09.2022. <a href="https://www.oxfordlearnersdictionaries.com/definition/english/patience">https://www.oxfordlearnersdictionaries.com/definition/english/patience</a>.</li> <li>3. <b>Wikipedia.</b> <i>Patience.</i> Accessed: 12.09.2022. <a href="https://en.wikipedia.org/wiki/Patience">https://en.wikipedia.org/wiki/Patience</a>.</li> </ol>	