



Z

The Waiting Game

What really happens inside me while I wait?

1 **Ugh, Waiting!** Tick the ones that make YOU want to scream.



Video still loading



Waiting for my turn



A long car ride



Food not ready yet



Mum on a long call



Bathroom is busy!



My birthday is SO far



My own:

2 **The Fizzy Feeling**

Circle what YOUR body does when you can't wait.

hot face

grumpy words

huffy breath

racing heart

tight fists

tapping feet

+ my own

If the fizz pops, I might...

3 **My Patience Toolbox**



Colour the star of the trick you'll try first.



Balloon breaths
in for 4... out for 4



Count backwards
slowly, from 20 to 1



Hum a song
in my head or softly



Spot 5 blue things
look around me



My own trick:



4 **Rewind & Replay** Finish the comic. YOU are the hero.

My friend is on the swing... FOREVER.

HURRY!!

I open my toolbox and...

And then...



Shouting at a mango won't make it ripe any faster.
Waiting isn't wasted time. It's **growing** time.

