

Winning by

WAITING

WRITTEN BY
Anastasia Suen



**SOCIAL
SKILLS**



Content Area Vocabulary:

Read the list. What do
these words mean?

deadline
difficult
experience
improve
mistakes
patience
persistent
practice
responsible
success

Building Background Knowledge

Before reading a book, it is important to tap into what your child or students already know about the topic. This will help them develop their vocabulary, increase their reading comprehension, and make connections across the curriculum.

- 1.** *Look at the cover of the book.
What will this book be about?*
- 2.** *What do you already know about the topic?*
- 3.** *Let's study the Table of Contents.
What will you learn about in the book's chapters?*
- 4.** *What would you like to learn about this topic?
Do you think you might learn about it from this
book? Why or why not?*
- 5.** *Use a reading journal to write about your
knowledge of this topic. Record what you already
know about the topic and what you hope to
learn about the topic.*
- 6.** *Read the book.*
- 7.** *In your reading journal, record what you learned
about the topic and your response to the book.*
- 8.** *Complete the activities at the end of the book.*

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Written by Anastasia Suen

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School Counselor

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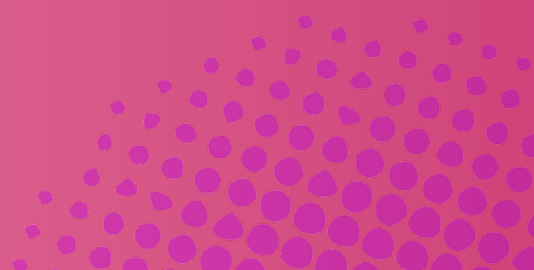
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HOW NATURE CREATES



Let nature show you how to make things grow.

You don't always win by being fast. Sometimes slow is the way to go. Yes, you can win by waiting. How do you know that's true? Go to the window and look outside. Almost everything in the natural world was created the slow way.

You have to wait to see things change. Waiting for something takes **patience**. A small seed takes time to grow into something big. With patience, you experience it for yourself.

A close-up photograph of a person's hand held palm-up, filled with small, light-brown, oval-shaped seeds. The hand is positioned above a dark, rich, textured soil. Some seeds have fallen from the hand and are scattered on the soil surface. The background is blurred, showing more soil and some green foliage.

Inside seeds are plant powerhouses.

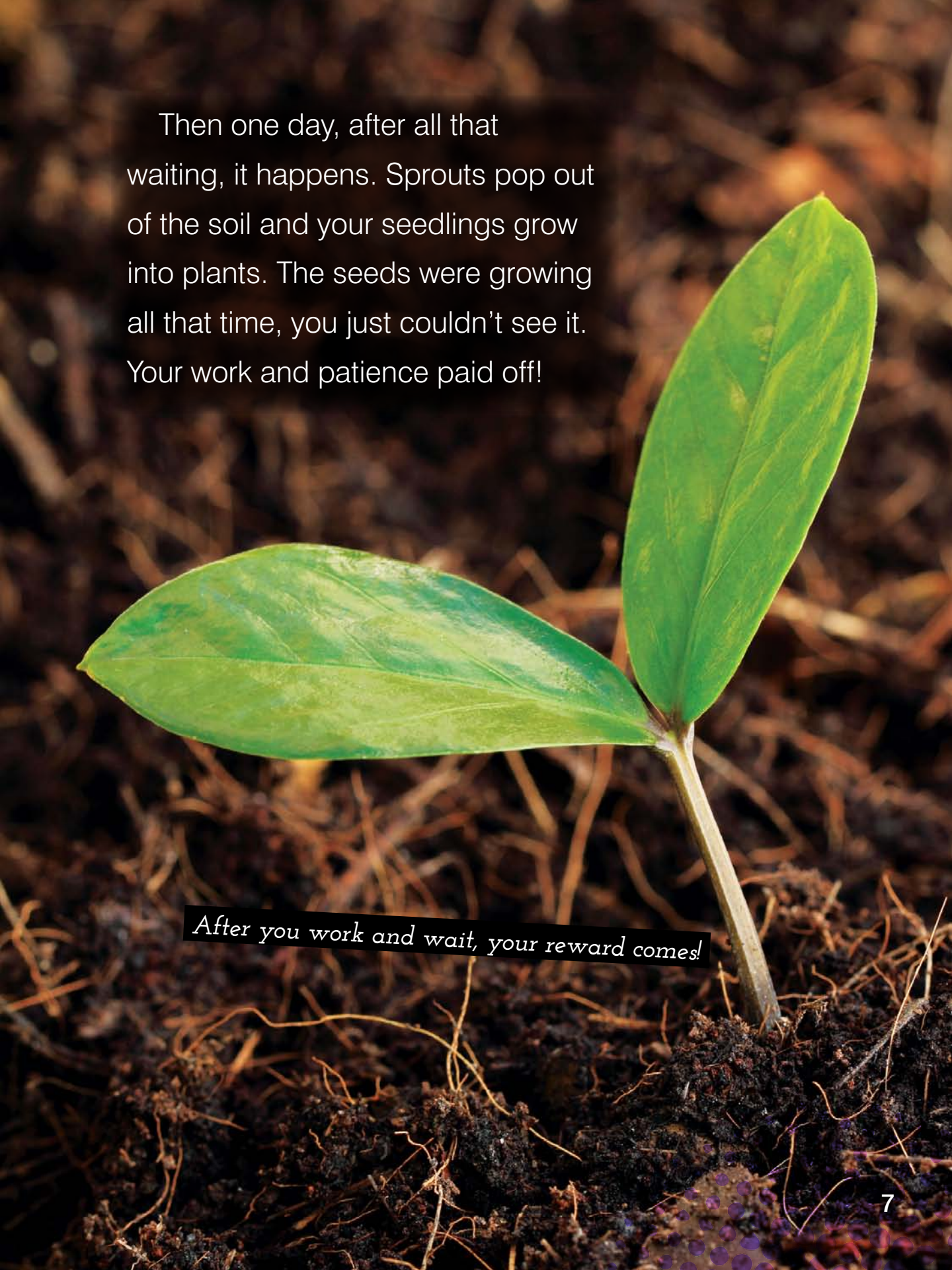
Add just a little water, soil, and sunlight.

You can grow plants indoors if you are patient.

You'll need to water them regularly and provide sunlight.



You can try it yourself by planting seeds. Plant seeds in the rich soil of your backyard. Or bring nature indoors and plant your seeds in a flowerpot on the windowsill.

A young green seedling with two leaves growing out of dark soil. The seedling is the central focus, with its two large, vibrant green leaves extending horizontally. The stem is thin and light-colored. The soil is dark and rich, with some roots visible. The background is a blurred mix of brown and orange tones, suggesting a natural, earthy setting.

Then one day, after all that waiting, it happens. Sprouts pop out of the soil and your seedlings grow into plants. The seeds were growing all that time, you just couldn't see it. Your work and patience paid off!

After you work and wait, your reward comes!



Working and waiting can help you get something new for yourself.

Working and waiting can help you win in other ways. If you want to buy something new, you can work to earn money. There is always work to be done around the house.

It can take a while to earn enough to buy what you really want. You will have to wait until you have saved enough money.



*Because you worked hard and saved your money,
you could buy something that you really wanted.*

PLAN TO PRACTICE

Practicing with your team can be hard work but it can be fun too.



You can win by making a plan. That's how you win in sports. You plan your life so that you have lots of time to practice. If a sport is difficult, you have to **persist** and keep trying. Sometimes it takes persistence to win.

If you play an instrument, practice is important too.

Make time in your day to practice so you can improve.



You practice your sport after school. You practice some more on the weekends. You practice your sport with your team once or twice a week. Day by day and week by week, you practice your sport. After a while, all of that practice adds up.



Spending time practicing is how you **improve** your skills. Just showing up isn't enough to win the game. It takes skill to win when you play sports and you only get that when you practice. Your skill comes because you give yourself time to grow and learn.

You did it! All of that practice paid off!



Each time you play the game, you can get better at it. Each time you practice, you can learn something new. When you give yourself time to grow as a player, you win no matter what the scoreboard says. Becoming a better player is a win you can give yourself.

BREAK YOUR PROJECT INTO STEPS



When planning your project, think of ways

you can have fun while you're working on it.

Sometimes you have a big **project** to work on at school. You may have to work with a team. Or you may have to do all of the work by yourself. Either way, making a plan will help you get the project done. Being **organized** is the key to success.

Write down the deadline and then count the days.



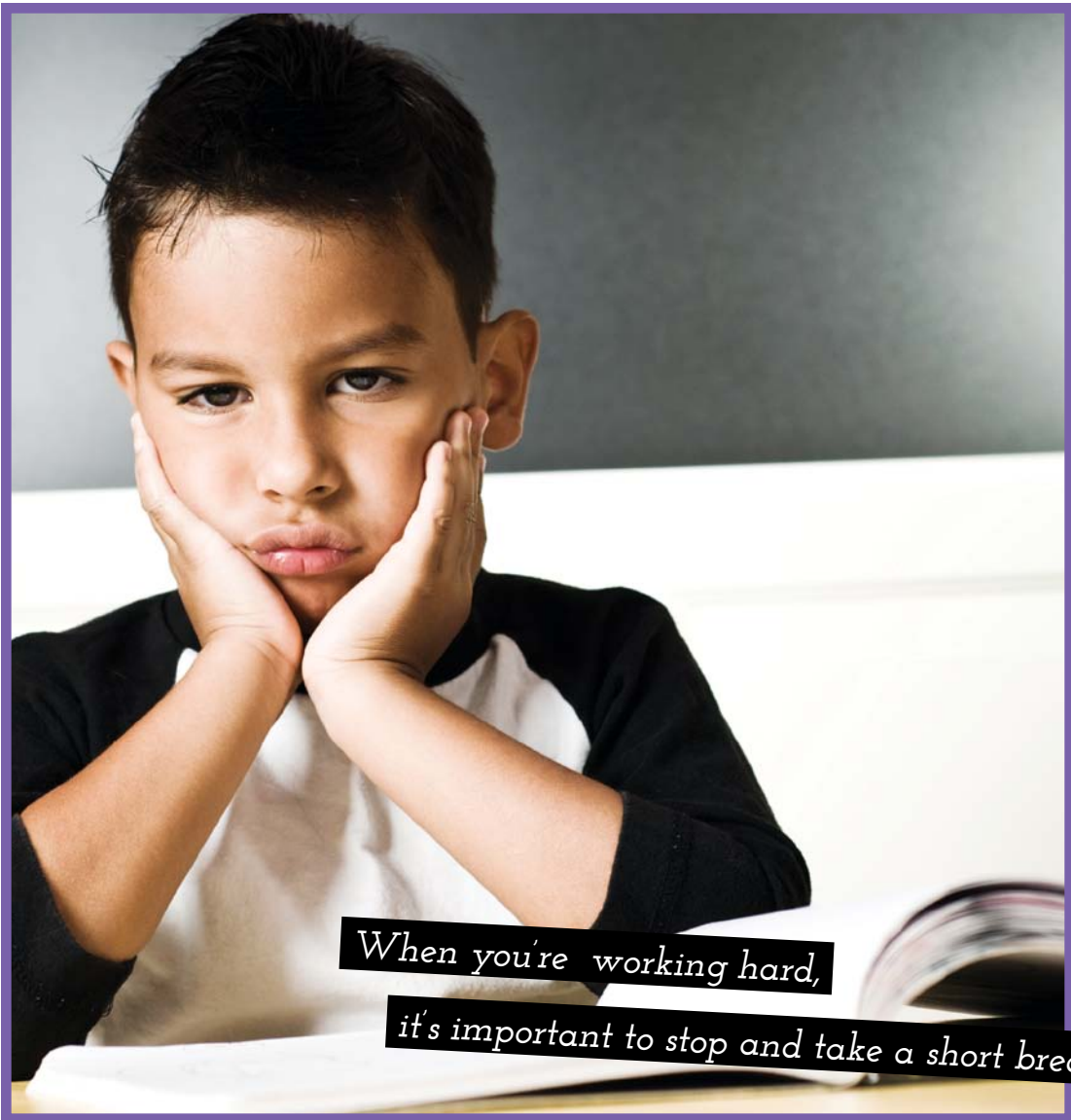
When you find out about a big project, ask when the **deadline** is. Then you can make a plan. Start right away and divide the project up. What do you need to do? Who will work on each step? How long do you have to make everything work?

You've worked on projects before so you know the truth. The work you do for a project **rarely** works out the first time. It takes time to figure out what will work.

Be **responsible** and start right away so you can give yourself time to make mistakes. You need time to try out every possibility. You can only find out what will work by trying things out.



You can make it work by going step by step.



When you're working hard,

it's important to stop and take a short break.

Starting right away will also give you time to take a break in the middle of your project. After you work on a project for a while, you have filled your mind with ideas about what to do. You may start to feel overwhelmed or confused. When you take a short break, your **subconscious** mind will still be thinking things over.



You can get some great ideas when you exercise!

Taking a break in the middle of your project is the secret to your success. Stop working for a while and do something else. Then when you come back to your project, you'll see it differently. Sometimes you will even figure out the answer when you are doing something else!

REMEMBER TO BREATHE



Many people take time to be quiet at the beginning and the end of the day. They focus on just being alive.

Don't forget to breathe! Remember to stop once or twice a day and wait. Close your eyes and quiet your mind. Don't think about anything. Don't worry about problems. Just listen to yourself breathe. Count your breath as you slowly breathe in and out ten times.

*Waiting and listening when your friend is talking is the best way to avoid an **argument** and stay friends.*



Making time to be quiet and breathe will calm you down. After you wait, you can think clearly. You will know how to solve your problems. You will know what to do next.



You have the power to make things happen. You can be patient with yourself and with others. You can be organized and make a plan. You can be persistent and keep practicing. Yes, you can win by waiting!

GLOSSARY

argument (AR-gyoo-MENT): when people disagree and get upset

deadline (DED-line): the time something is due

improve (in-PROOV): to get better

organized (OR-guh-nized): to make things neat and orderly

patience (PAY-shuhnss): waiting without getting upset

persist (pur-SIST): to keep doing something

project (PROJ-ekt): a school assignment that takes a long time

rarely (RAIR-lee): not very often

responsible (ri-SPON-suh-buhl): in charge of doing something

subconscious (sub-KON-shuhss): the part of your mind where you have thoughts and feelings you are not aware of

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WEBSITES TO VISIT

singdancelearn.com/character-education-songs/patience-song

havefunteaching.com/songs/character-songs/patience-song

www.humanityquest.com/topic/art_activities/index.asp?theme1=patience

ABOUT THE AUTHOR

Anastasia Suen lives with her family in Plano, Texas. She has quiet time to breathe in the morning, takes exercise breaks, and always uses a calendar to plan her big projects.



Meet The Author!
www.meetREMAuthors.com

Comprehension and Extension Activities

After reading the book, work on the following questions with your child or students in order to check their level of reading comprehension and content mastery.

1. *What is the most important idea that was generated in the book?*
2. *Give an example of a time you rushed through something and a time you patiently waited for something. Was the outcome the same?*
3. *According to the book, how were things in the natural world created?*
4. *Look at the images in the book. How do these pictures describe waiting?*
5. *How can you be patient with yourself and with others?*

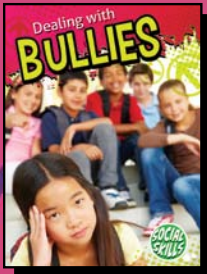
Extension Activity

You can win by making a plan. Think of something you would like to improve in whether it be school, a sport, or something you would like to achieve. Make a plan. Write down each step. How long will it take you to make it happen? Remember to be patient with yourself. You have the power to make things happen.

SOCIAL SKILLS

You don't always win by being fast. Sometimes slow is the way to go. You have to wait to see things change and this takes patience. You should be persistent and keep practicing. *This title will allow students to analyze multiple accounts of the same event or topic, noting important similarities and differences in the point of view they represent.*

Books In This Series:



Dealing with Bullies



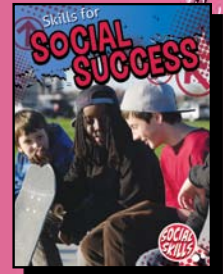
Dealing with Defeat



Respecting Diversity



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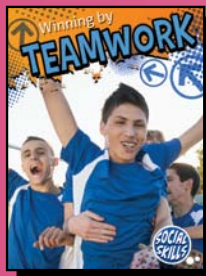
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