

## BUILDING PATIENCE

by:

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In one sense "Patience" is a lack of being hasty or impetuous. In another sense, it is the ability to undergo conflicts or oppositions without complaining. It involves steadfastness and calmness. Patience also is very essential to all relationships because it allows us to hear and understand other people without premature judgement.

So, to speak, in the field of teaching especially teaching pre-school children patience must be the foundation of a teacher.

It is not enough that we have the skills and knowledge as a teacher, but it is a must to have love, interest, and patience in handling kindergarten pupils.

The fact that at their early age these pupils were very curious, active, adventurous, and aggressive. That's why it is a well-known fact also that the preschool teacher must be patient and committed.

To build patience, I suggest doing the following:

1. Desire to be patient in a way that everybody should possess this trait.
2. Begin to accept that we have no control to all situations, and we should be calm and steadfast.
3. Apply patience as needed and practice using it every day as lifestyle.

4. Humbly appreciate yourself every time you had applied patience as a reward.to yourself.

5. Ask God to have patience and thank Him if you had received it.

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