



Project Based
Leadership Training

This cycle's theme is Patience

Parent Connection Letter

Patience can be a challenging character trait to master. After all, most people don't like to wait! Young children, who are developing "waiting skills," may not understand the reason they must wait. They also might not comprehend how much time must pass before they get their turn. Perhaps this is why we often get the cliché question, "are we there yet?" every 5 minutes on the long trip to Aunt Harriet's house! As children mature, they are able to wait for longer periods of time with more discipline, understanding and of course, more patience.

Patience involves several of our other theme words such as impulse control, discipline, manners, open-mindedness, respect, and perseverance. It is integrated into many parts of our everyday lives including; saving up one's money for something special, waiting for everyone to sit down before starting to eat a meal, raising one's hand in class before speaking, hearing someone out who has a different opinion from one's own and waiting one's turn to pay at a store. While many might hope for "instant gratification" in life, clearly the prevailing message life sends us is "sometimes you have to wait!"

A child can develop patience by (1) practicing strategies to make waiting easier, (2) learning from watching others, and (3) discussing the challenges of waiting and some possible solutions to impatience with parents, teachers, friends and mentors. At our academy this month, we will provide many opportunities through our curriculum and through theme words to help children understand and exercise their patience.

Here are the definitions of patience for this month:

Little Samurai: Patience means "waiting without complaining."

Juniors + Teens: Patience means waiting without complaining for something that you hope will happen.

During the next four weeks we will be discussing the following:

- (1) Week 1: Patience and waiting for "your turn" or "the right time."
- (2) Week 2: It takes time to learn and grow.
- (3) Week 3: It takes time to understand other people and their differences.
- (4) Week 4: Strategies for waiting and rewards for being patient

As always, one of the best ways to teach and reinforce our life skills is by modeling strength of character ourselves. After all, you are your children's best mentors. By helping your children to practice patience at home and out in the community, they can develop the ability to be patient when things take time to occur.

We thank you for your support. You are pivotal in helping to make our school one of the best Martial Arts and personal development centers in the world.

Best Regards,

Professor Tom