

SELF-MANAGEMENT

Impatient

“It’s taking too long.”

In the book: Chapter 10 · The Strength in Patience

WHAT IS UNDERNEATH — AN IFS VIEW

A part that finds waiting unbearable because waiting once meant being forgotten. The urgency is about uncertainty, not the queue.

TRY THIS, RIGHT NOW

Count ten slow breaths and watch something move.

FOR THE CHILD

Pick something slow — a cloud, an ant, a shadow — and watch it for ten breaths.

FOR A PARENT

Give the shape of the wait, not a lecture about patience: “Two more songs, then we go.” Time made visible is time made bearable.

FOR AN EDUCATOR

Use a visible timer. Children who cannot wait can almost always wait when the end is shown.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.