

P is for Patience

It can be difficult to be patient. Sometimes we want something to happen now, but we have to wait. There are different reasons why we might have to wait for something fun, and it's a skill everyone has to work on to be good at, even adults.

Pumpkins take a long time to grow.

Remember the pumpkin from *Little Boo*? Boo was excited to become a jack-o-lantern, but had to wait to grow from a seed to a pumpkin. He was very patient though, and it paid off, didn't it?

As much as Boo was ready to become a jack-o-lantern, he had to be patient and enjoy his time as a seed and a sprout.

Sometimes you might be excited about something, but it's good to enjoy yourself while you're waiting, too. If we spend too much energy thinking about what's to come, we miss out on what's happening now.

Next time you feel wrapped up with something you want right away, think of yourself like a pumpkin, growing slowly. Pretend you have roots growing into the ground beneath you, take 5 deep breaths, and repeat:

"I can be patient, like a pumpkin growing slowly."

