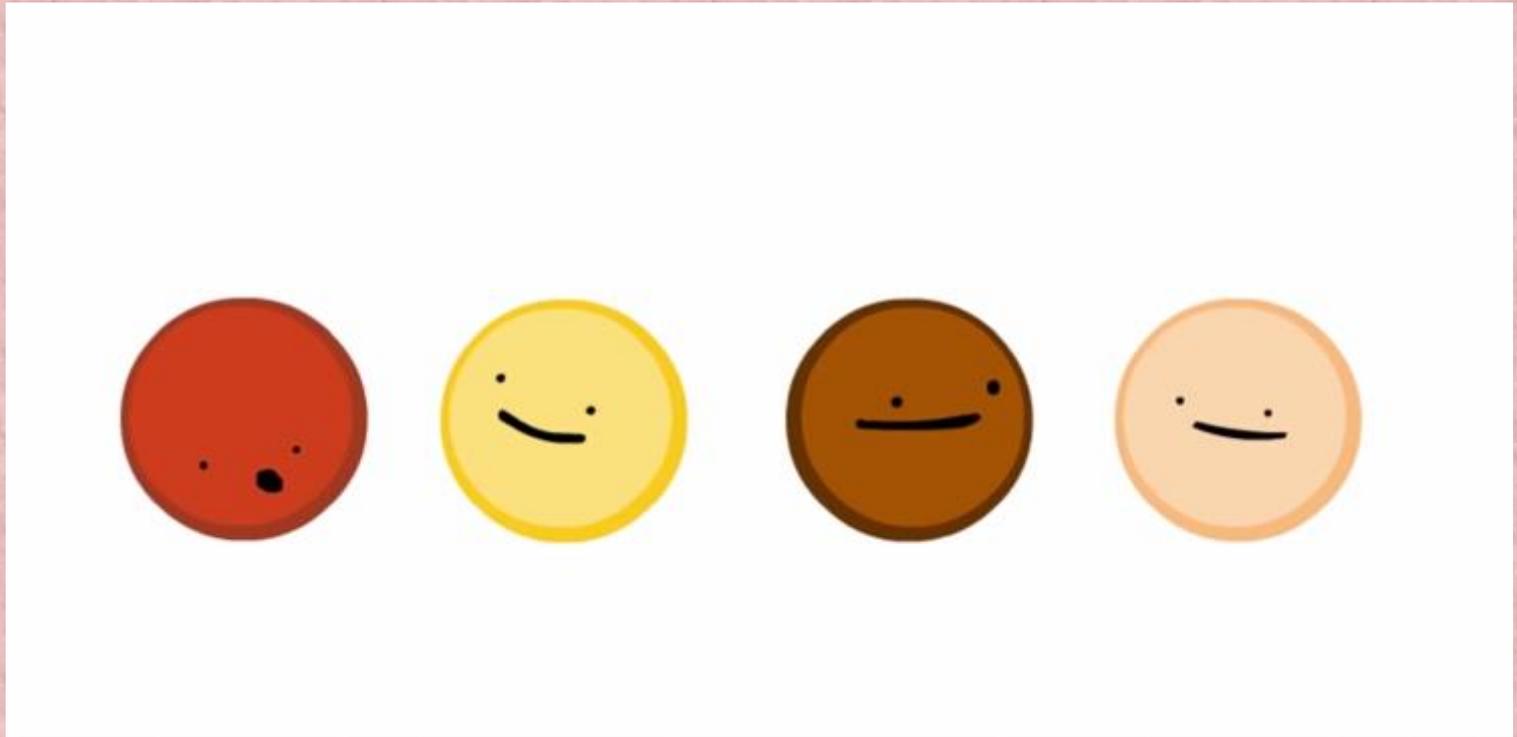


**Learning, Growing
and Succeeding Together**

'Don't Worry, Be Happy' Bobby McFerrin 1998



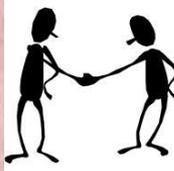
http://www.youtube.com/watch?v=t9EE0_gd8OA&feature=youtu.be

Welcome to our 'Values' assembly

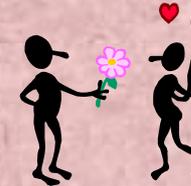
*A value is a principle
that guides our
thinking and
behaviour*



LOVE
COMPASSION



RESPECT



KINDNESS



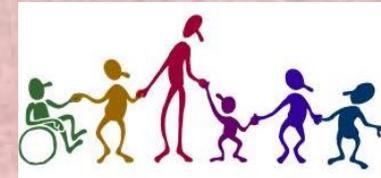
RESPONSIBILITY



FRIENDSHIP



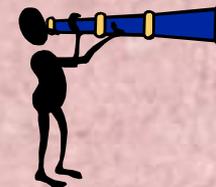
PEACE



EQUALITY



COURAGE



HOPE



CONSIDERATION



**POSITIVITY
TRUST**



SELF BELIEF



SELF CONTROL



PRIDE



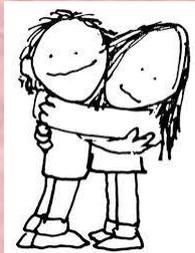
CONFIDENCE



TOLERANCE



EMPATHY



Values Nomination WINNER!

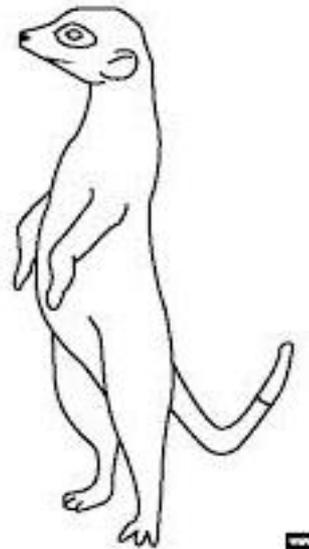


'Values' Nomination

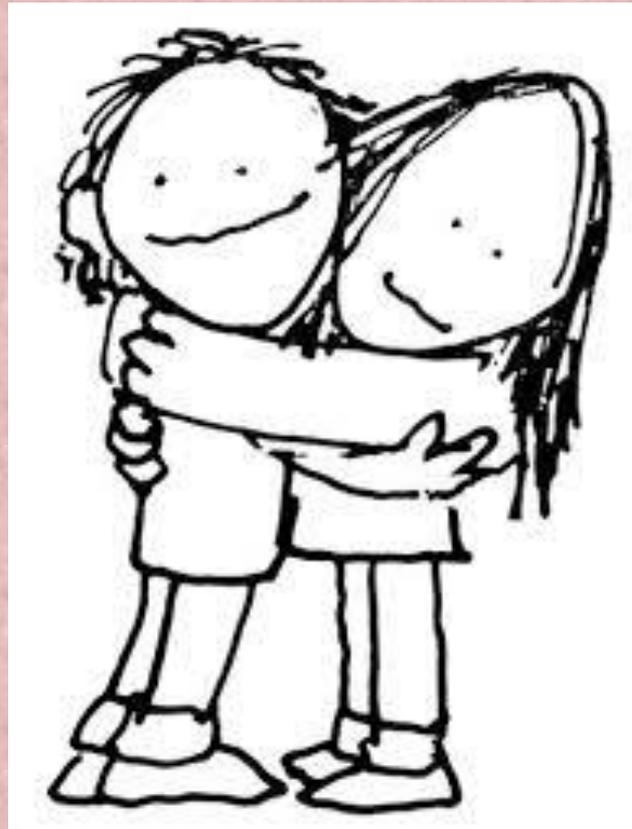
Nominee: _____

Nominated By: _____

What value has the person shown and how?

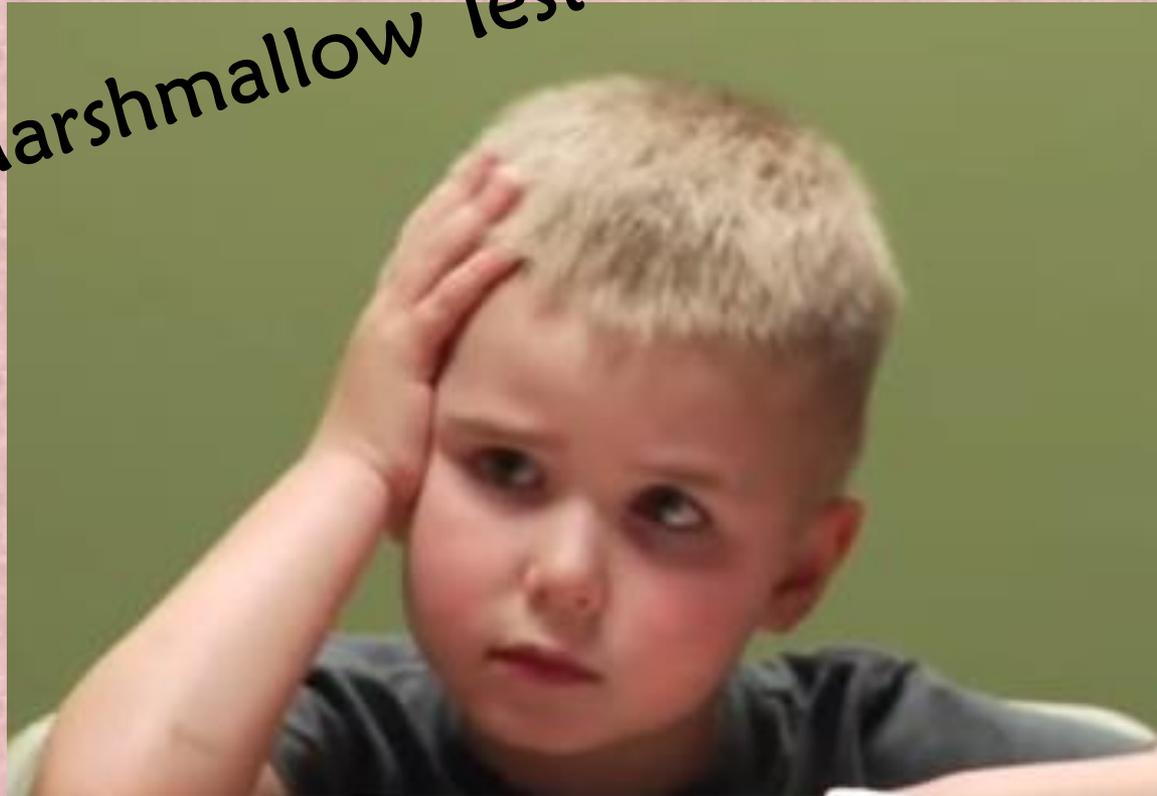


How did exploring the value of
EMPATHY guide your thinking and
behaviour?



Watch this film and see if you can work out what this month's value is?

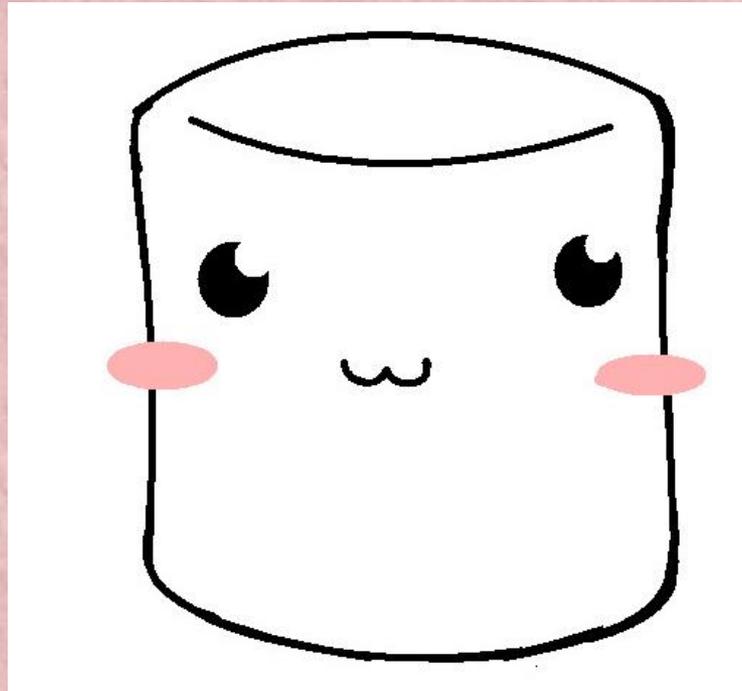
The Marshmallow Test



https://www.youtube.com/watch?v=QX_oy9614HQ&feature=youtu.be

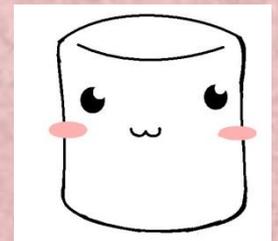
In **DECEMBER** we will be exploring the value of...

PATIENCE



PATIENCE

Patience means...
being able to wait until it's
time ...
staying calm and not
becoming annoyed



PATIENCE



<http://youtu.be/cEDAAb30LAA>



<http://www.youtube.com/watch?v=2zfpajngtI>



<http://www.youtube.com/watch?v=0EpIi5qeOcA>



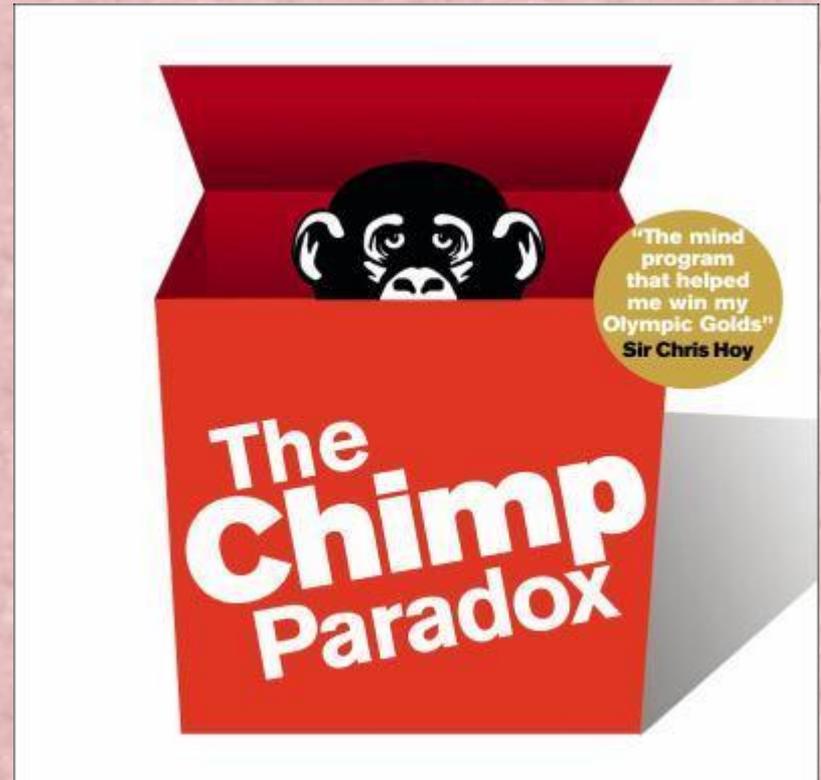
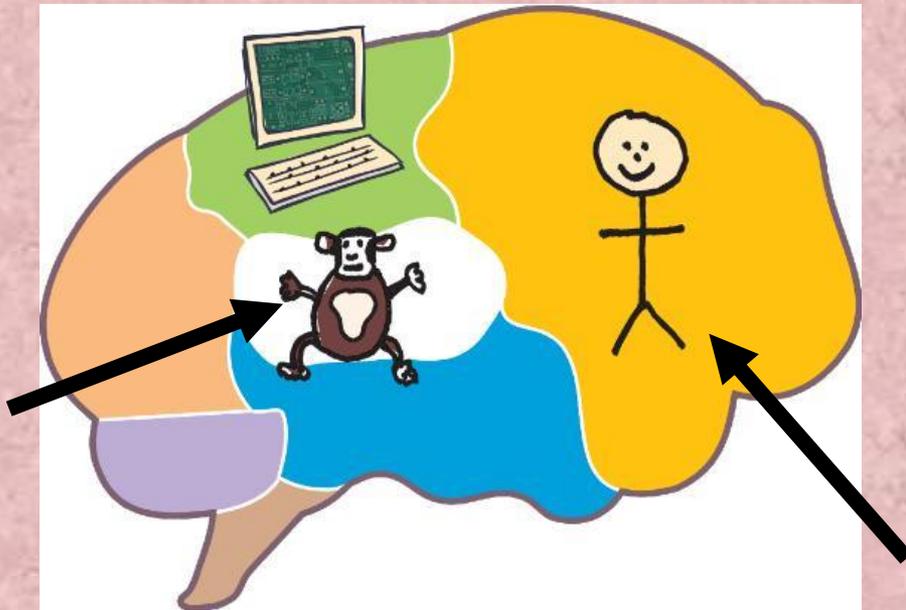
http://www.youtube.com/watch?v=m_Hjfq1U9qc

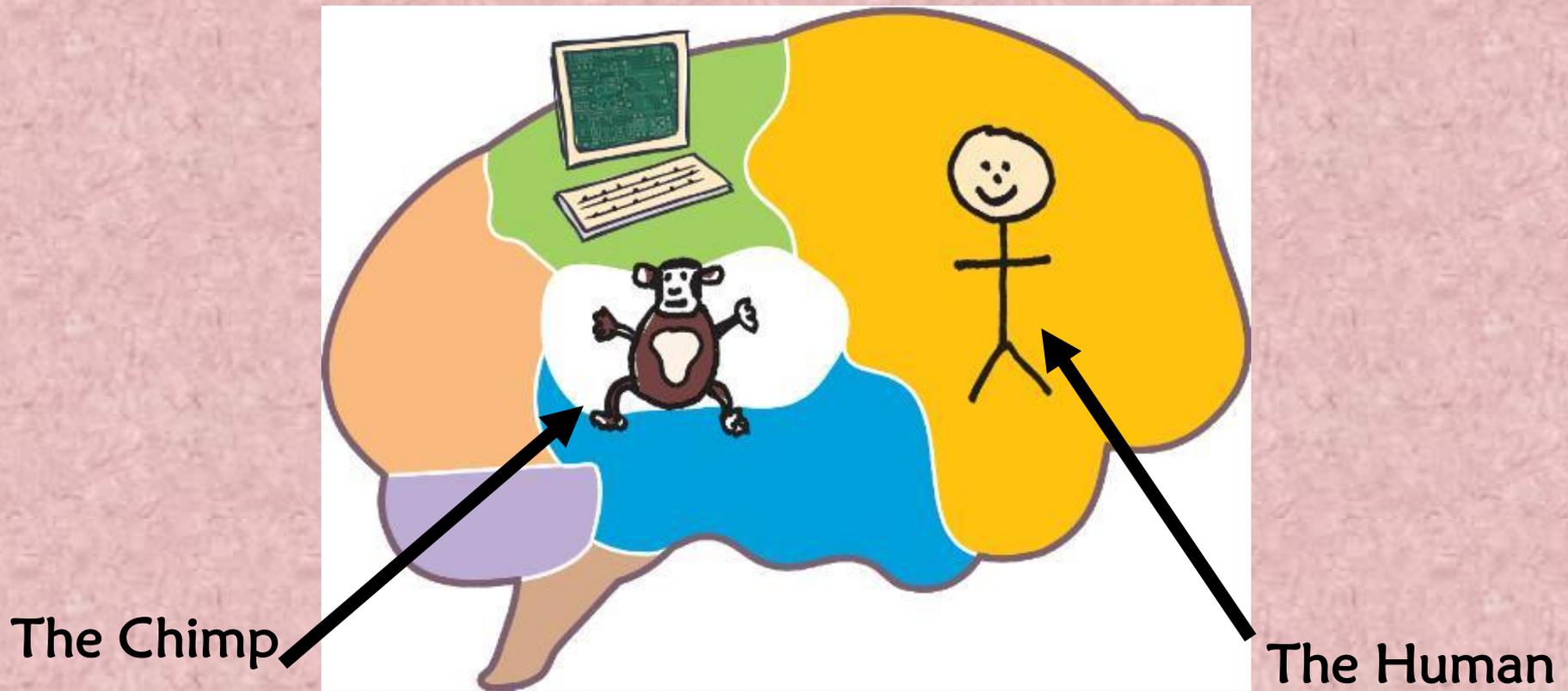
Understanding how your mind works...



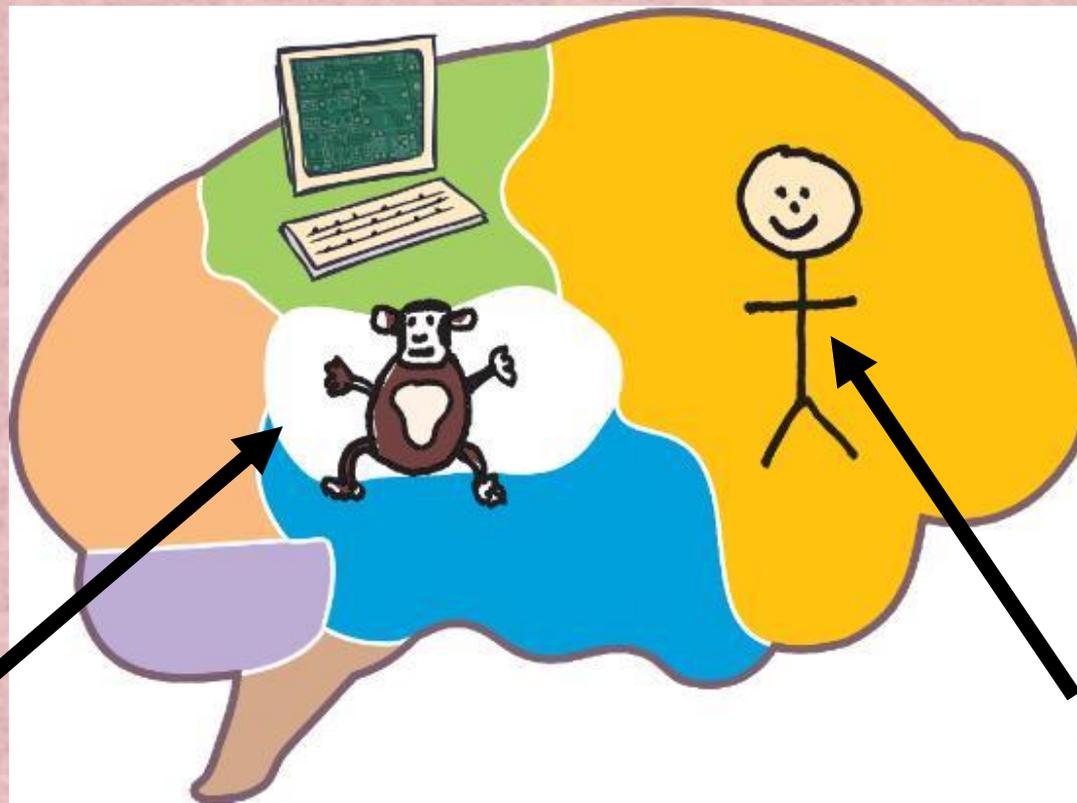
Dr Steve Peters

<http://chimpmanagement.com/>





- These 2 parts of the brain developed first
- Either one could run your life on its own but when they try to work together, there may be problems!
- They think in different ways – it's like 2 different people being in your head

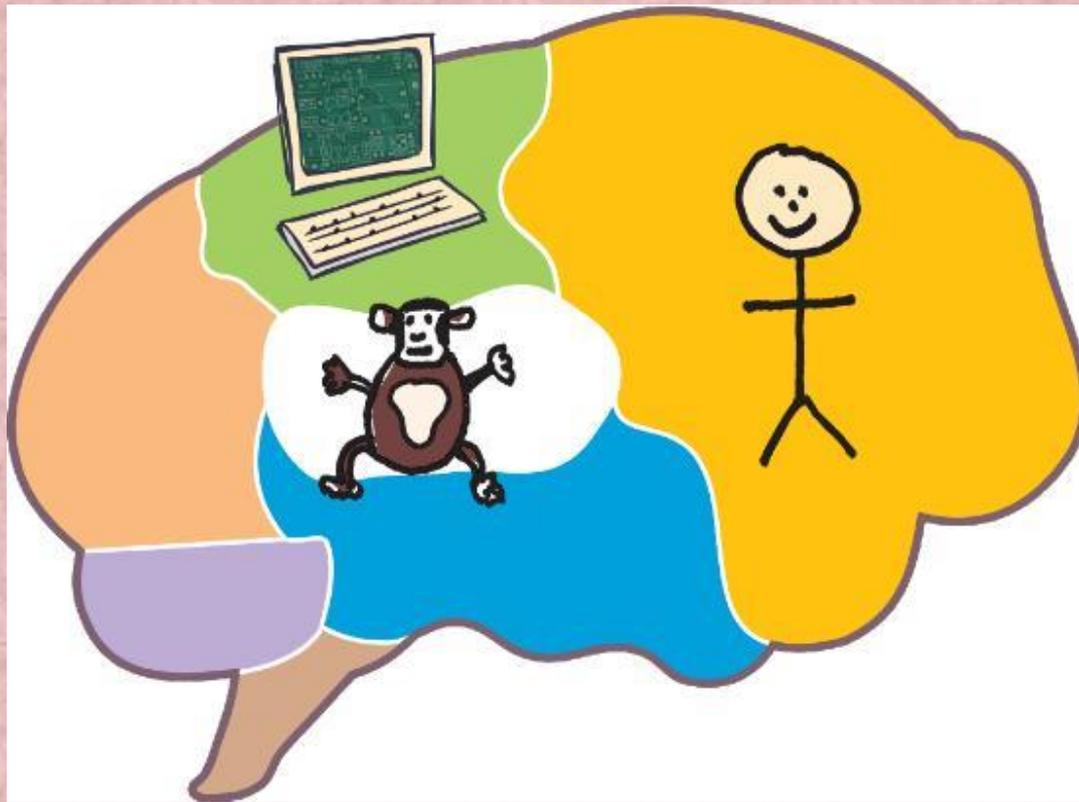


The Chimp

The Human

- Emotional thinking
- Takes action based on feelings and impressions
- You have to learn to control it
- Logical thinking
- Looks for the truth and facts
- Takes action based on calm thoughts

Both can function well separately but have trouble working together



Both parts of the brain react to every situation – but in different ways.

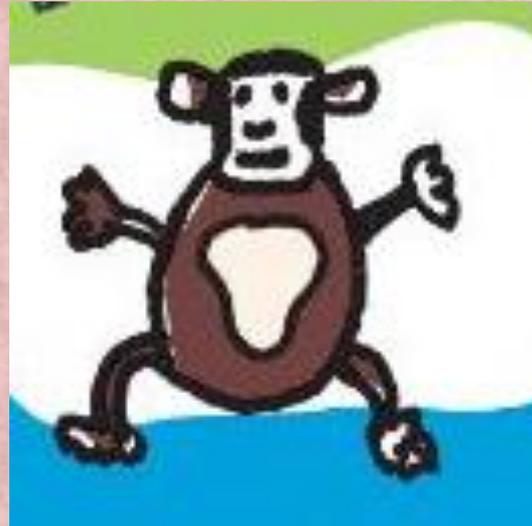
Both are thinking what to do about it – but some of the time they don't agree.

The Chimp is more powerful than the Human and will win – UNLESS you have learnt how to manage it!

Over reacts

Jumps quickly to an opinion

Can be 'paranoid'
(worries about things
that aren't real')



Doesn't wait for all the
information

Very quick to judge

Emotional

Can twist the facts to
suit its opinion

Your CHIMP can be very IMPATIENT!

Thinks calmly

Open minded, sees others points of view

Uses reasoning skills to work things out



Searches for all the relevant information

Uses 'common sense'- is rational

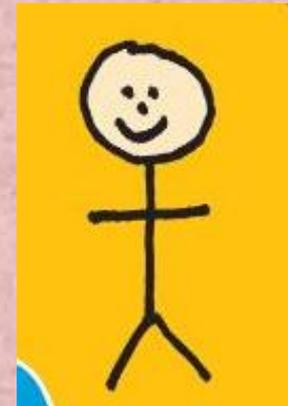
Logical

Looks for the truth and facts, then acts on this

PATIENCE.....!



The Chimp is an emotional machine that will take over if you allow it to. It is not good or bad – it is *a Chimp!*



The Human must learn to recognise when the Chimp is in charge. Don't try to control it – but learn to manage it!

Let's think about some ways to help yourself
when you need more PATIENCE?



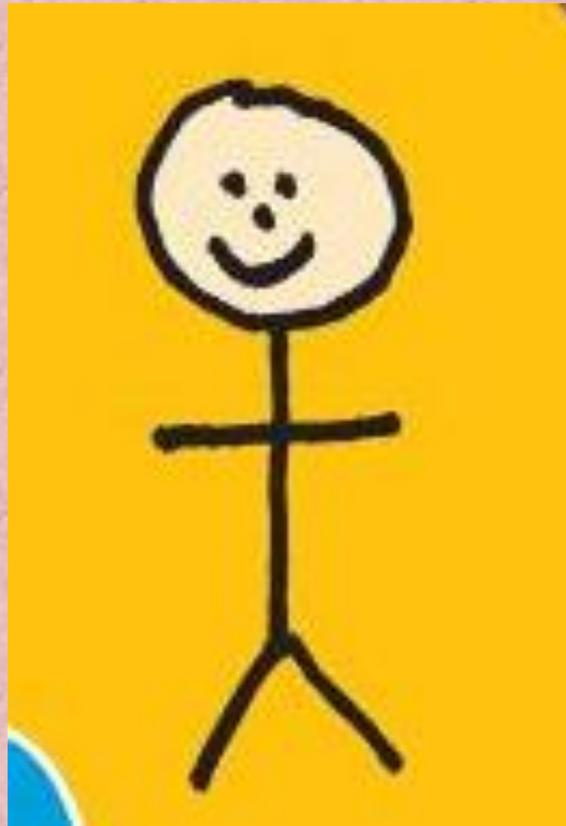
STOP!

Take some deep
breaths

Talk to someone
you trust

Get some more
information, think
harder

Your Human part of your brain can help you
to manage your Chimp – it can help you with
PATIENCE?

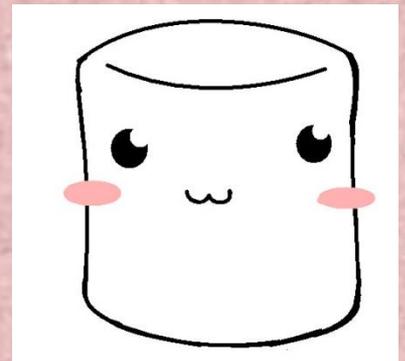




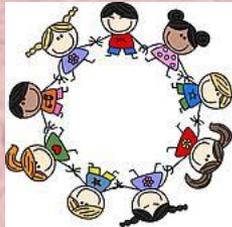
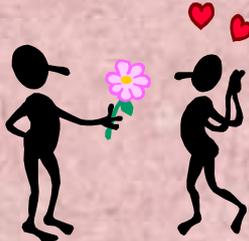
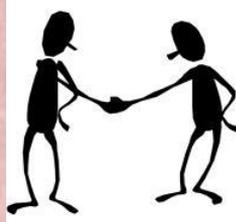
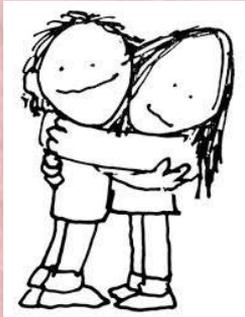
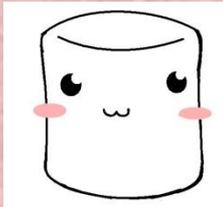
<http://www.values.com/inspirational-stories-tv-spots/107-wet-cement>

*A value is a principle
that guides our
thinking and
behaviour*

*How does
PATIENCE
do this?*

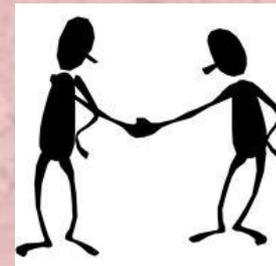
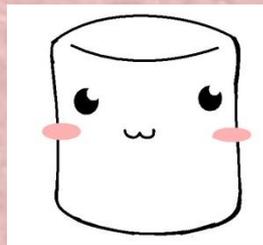
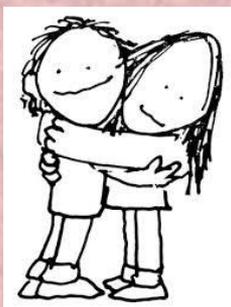


A quiet moment of prayer or reflection...

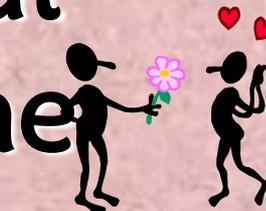


PATIENCE

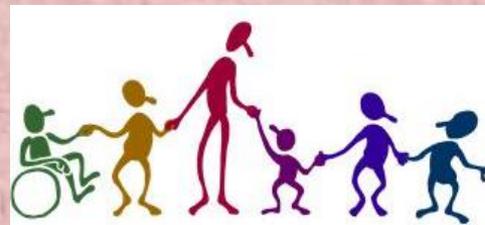
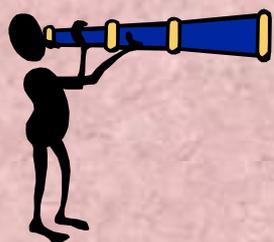




As we reflect, think about how **PATIENCE** makes the world a better place to



be.



A prayer for all of us

Here in our school

Let us be peaceful at all times.

*Let our rooms be full of happiness
and respect for each other.*

Let love be in our hearts

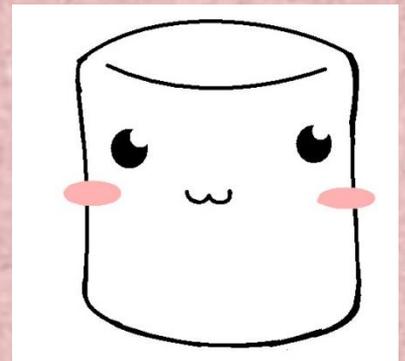
With kindness and compassion for all.

Let us remember

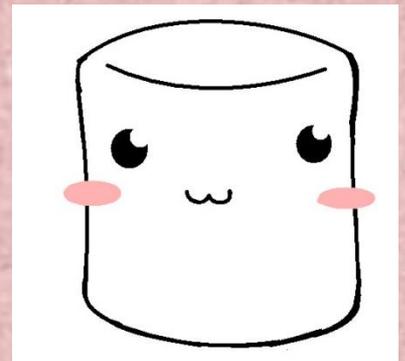
In learning together,

We grow together

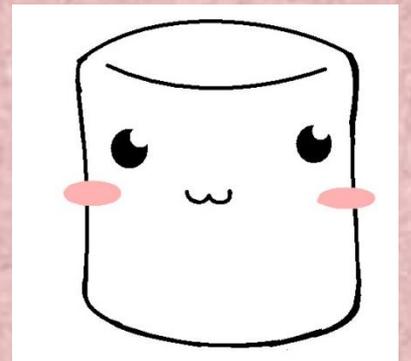
And succeed together.



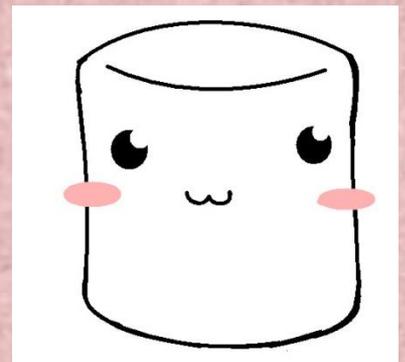
Why is it important
to show **PATIENCE**
to others?



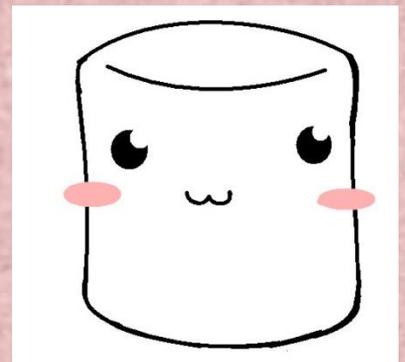
What can you do if
you are feeling
IMPATIENT?



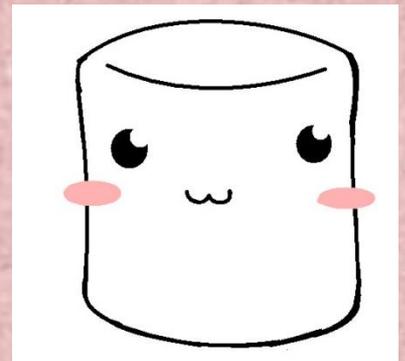
Are there certain things
or people which 'test
your PATIENCE'? Can
you learn how to be
more patient in these
situations?



Are there certain things
or people which 'test
your PATIENCE'? Can
you learn how to be
more patient in these
situations?



How can you being
PATIENT or
IMPATIENT affect
other people?



“ Have PATIENCE.
All things are
DIFFICULT
before they
BECOME easy. ”

Saadi



©sntabanta.com



Rivers know this: there is no hurry.
We shall get there someday.

~ A. A. Milne



SOMETIMES THE FASTEST WAY
ISN'T ALWAYS THE BEST WAY.
SOMETIMES THE BEST THINGS IN LIFE
TAKE A WHILE.

EMILY BETH

The **LONGER** you wait
for something, the more
you appreciate it when
when you get it.

Because anything worth
having is definitely
something worth
WAITING.



Patience is
a necessary
ingredient of
genius.

Benjamin Disraeli

© Shinzoo.com

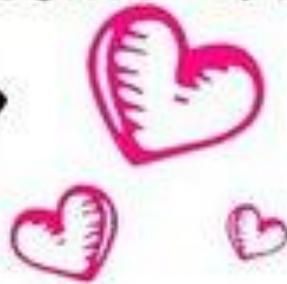


PATIENCE



You can chase a butterfly all over the field
and never catch it.

But if you sit quietly in the grass
it will come and sit on your shoulder.



Ilovelife



"The key to everything is PATIENCE. You get the chicken by hatching the egg, not by smashing it."

© 2011 by Ilovelife.com

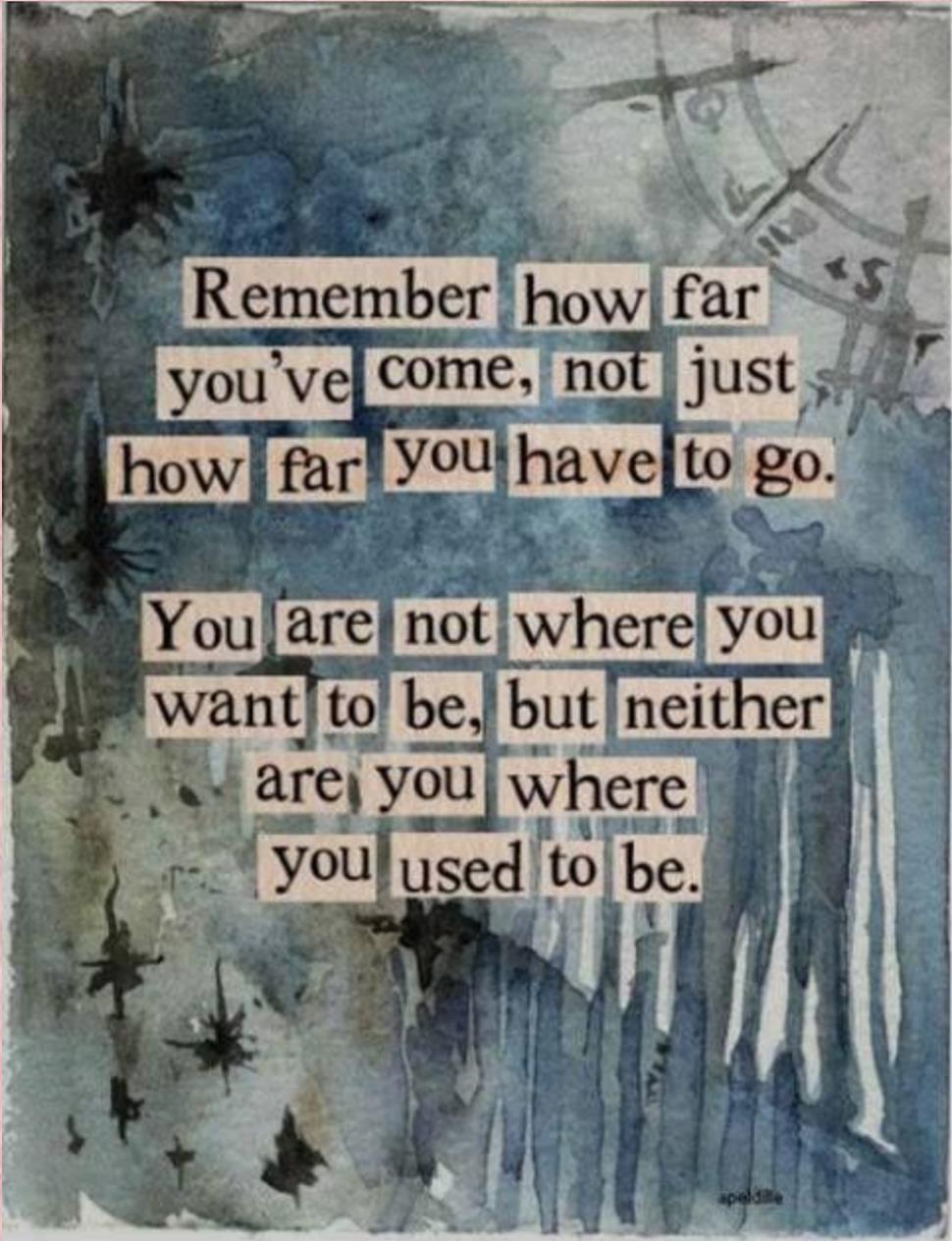


Do you have the
patience to wait till
your mud settles and
the water is *clear*?

Tao Te Ching

www.blossomandtear.com

**Be patient.
Sometimes
you have to
go through
the worst
to get the
best.**

A watercolor illustration on a textured paper background. The scene is dominated by shades of blue and green. In the upper right, a compass rose is visible with the letters 'S', 'E', 'W', and 'N' partially shown. Below it, a faint silhouette of a person or figure is visible. The overall mood is contemplative and artistic.

Remember how far
you've come, not just
how far you have to go.

You are not where you
want to be, but neither
are you where
you used to be.



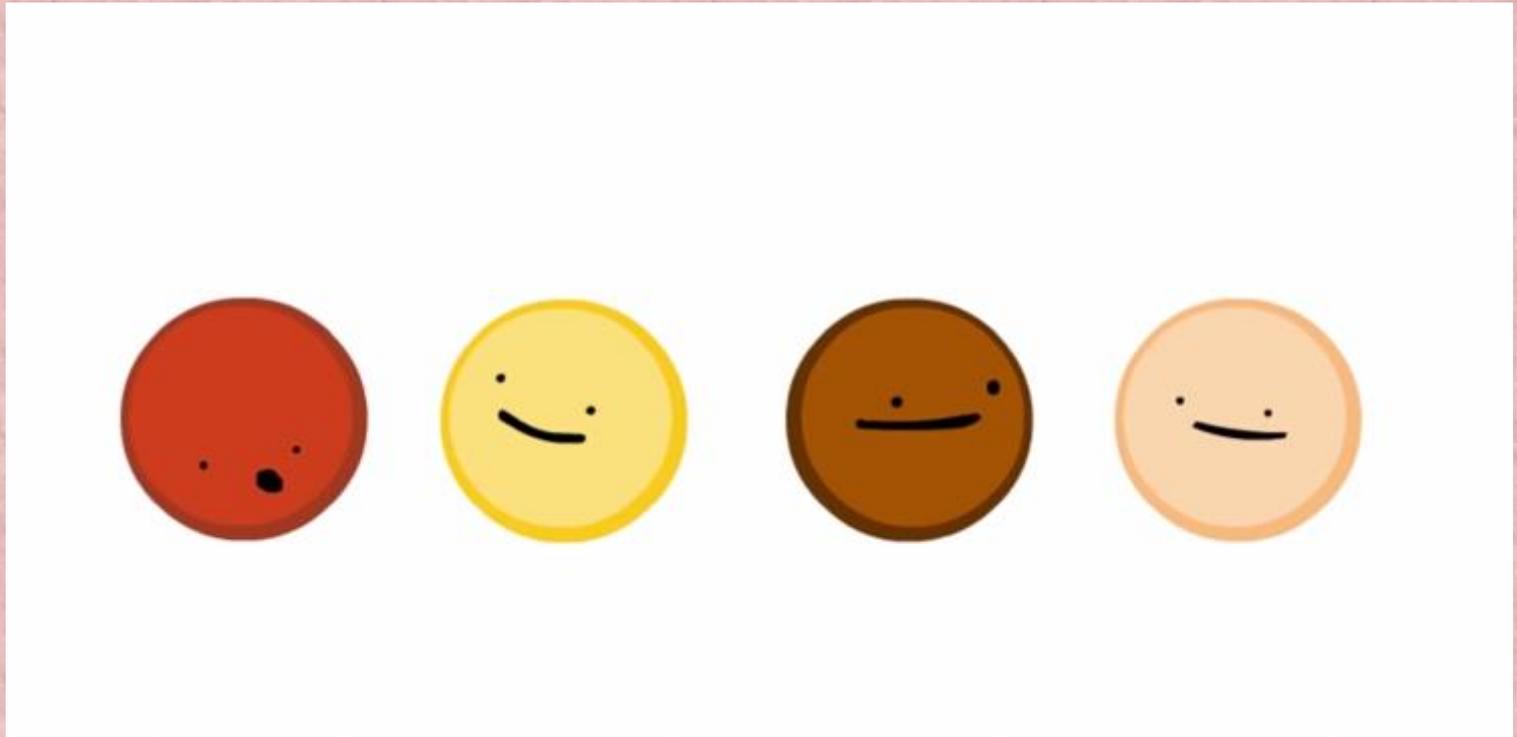
**KEEP
CALM
AND
HAVE
PATIENCE**

Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character. - Heraclit

The first time I played the quiet game with my kids, I was shocked it worked. It was a car ride that seemed way too loud. We played the quiet game and the kids loved it. The patience game is exactly like the quiet game. Kids need to learn that part of being patient is learning to be quiet. This skill helps kids learn to not interrupt and know how to control their tongue until appropriate times. We talked about the importance in waiting their turn to talk and learning to be quiet. Then, I introduced the game. The rule was, they couldn't make a noise. They sat across from each other. They couldn't touch one another. They could try and make each other laugh, but the one who could stay absolutely silent the longest got a point. I had little gems I handed out as they played. The first person to five, won. Abby kept trying to make Kenzie laugh but would end up laughing herself. The longer they played (and they wanted to keep going) the better they got at just sitting there in silence, staring at each other. You see why I say it is "a game loved by both kids and parents"?

<http://meaningfulmama.com/>

'Don't Worry, Be Happy' Bobby McFerrin 1998



http://www.youtube.com/watch?v=t9EE0_gd8OA&feature=youtu.be