



PALLEN'S
MARTIAL ARTS™

POWERFUL

JUNE 2026

PROJECT

PATIENCE

AGES: 7-11

First & Last Name: _____ Parent/Guardian: _____

Tip Goal: _____

Students, this month we're learning about PATIENCE!
What Is Patience?

Patience means staying calm and steady while you wait, practice, or work through challenges. It's about understanding that learning, growing, and achieving goals takes time. Being patient helps you keep a positive attitude, even when things don't happen as quickly as you'd like.

Why Is Patience Important?

Patience helps you stay focused, make thoughtful choices, and handle challenges with confidence. When you practice patience, you become more resilient and learn that progress often happens one step at a time. Patience helps you build stronger friendships, become a better student, and grow as a martial artist.

How Can You Show Patience?

- ✓ Keep practicing a skill, even when it feels difficult.
- ✓ Take a deep breath when you feel frustrated or upset.
- ✓ Give yourself and others time to learn and improve.
- ✓ Stay positive when things don't happen as quickly as you hoped.



- Students, read the quote and reflection questions below. Draw or write your response answers in the box.
 - "Rivers know this: there is no hurry. We shall get there someday." — A.A. Milne, Winnie-the-Pooh
 - Can you think of a time when you wanted something to happen right away, but had to wait? What did you learn from that experience?

