



Patience can be a very hard skill to learn, but it is a really important one.

**Question:**

What things do you need to be patient for?

**Question:**

When do you find it hard to be patient?

Thinking about the future, what do you want to be like in 20 years' time? This could be your emotions, skills, family or job.

*There are things that you can do now to help you reach your goals. But you will also need patience, as it will take time to achieve them!*

**Activity:**

Watch the video of how to grow an apple pip into an apple tree.

Why don't you give this a try yourself? It will test your patience as you wait for the pip to grow!

Why not try different fruit seeds and see which grows quickest!

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How can you show patience today?