

Patience: Pause, Breathe, Choose

Before Shabbat: print and cut the cards on pages 2 and 3. At the table there's nothing to write, cut or switch on. Families' customs differ, so do what fits your home.

Talk about it

1. The man kept calling "Who here is Hillel?" just to bother him. What do you think Hillel was thinking each time he came to the door?
2. What makes you feel impatient really fast? What does your body do when it happens?
3. Think of a time someone was patient with you. How did it feel?

For older kids: Hillel didn't just stay quiet. He answered every silly question kindly and seriously. Is there a difference between holding your anger in and actually being patient?

Play: Pause, Breathe, Choose cards (10 to 15 minutes)

1. Someone picks a card and reads it out loud. A parent can read for kids who aren't reading yet.
2. Pause: everyone puts both hands flat on the table.
3. Breathe: everyone takes one slow breath together. Smell the soup (in through the nose), then cool the soup (out through the mouth).
4. Choose: go around the table. Each person says one thing the kid on the card could do instead of exploding.
5. The reader picks the choice they like best, and the card goes to the next person.

This week's mission: One patient choice this week

Pick one situation that happens a lot in your home, like waiting for a turn, a sibling who takes forever, or a lost shoe. Agree on a quiet pause signal, like a hand on your heart. When someone uses it this week, notice it with a smile. At next Shabbat's table, everyone shares one time they used it.

✂ Cut along the dashed lines before Shabbat.

PAUSE, BREATHE, CHOOSE

1

You built a tall tower, and your little brother knocks it down.

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

2

It's your turn on the swing, but your friend keeps saying "just one more time."

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

3

You can't find your other shoe, and everyone is waiting in the car.

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

4

Your sister is taking forever in the bathroom, and you need to brush your teeth.

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

5

You're telling a story, and someone keeps interrupting you.

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

6

Your drawing isn't coming out the way you wanted.

Pause. Breathe. Choose.

✂ Cut along the dashed lines before Shabbat.

PAUSE, BREATHE, CHOOSE

7

Dinner is late, and you're really hungry.

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

8

A piece of your favorite game is missing.

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

9

A friend asks you the same question again and again, like the man who kept coming to Hillel's door.

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

10

The line at the store is very long, and you're tired.

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

OUR OWN CARD

Fill this in before Shabbat:

Pause. Breathe. Choose.

PAUSE, BREATHE, CHOOSE

OUR OWN CARD

Fill this in before Shabbat:

Pause. Breathe. Choose.

Our Pause Plan

For the week, not for Shabbat. Fill it in on weekdays, then share out loud at the Shabbat table.

Our pause signal: _____

The tricky moment we're working on: _____

Sunday	I paused when...
Monday	I paused when...
Tuesday	I paused when...
Wednesday	I paused when...
Thursday	I paused when...
Friday	I paused when...