

TEACH WITH BOOKS

Social Emotional Learning Series

Handling Waiting Lesson Plan & Activities

30 Minute
Lesson Plan
PreK-2

An ELEPHANT & PIGGIE Book

Waiting Is Not Easy!

Handling
Waiting

Waiting Meter

When you have to wait, use this meter to determine how easy or hard waiting is. Then do the waiting activity until you are able to wait or the activity begins.

How Excited or Impatient are You Feeling?

1 Not At All

2 A Little

What Should
you do?

Nothing...You
are calm and
able to wait.

Focus on
waiting games
until the activity
begins:

- Count items
- Play I-Spy
- Find ABC items
- Squeeze hands
- Do toe lifts
- Think of a story in your head

Emotion
Management

Book Extension

Handling Waiting

Grade: PreK-2
Length: 30-45 Minutes



Waiting Is Not Easy! by Mo Williams

Waiting Is Not Easy! In this fun story, Piggie has a surprise for Gerald, but he is going to have to wait for it. And wait some more. This is very hard for Gerald. He at first is so excited that he can not wait. He begins asking Piggie lots of questions. When Piggie still won't tell him he tries to wait but it is getting harder. He goes through the emotions of

BIG IDEAS

Impulse Control
Emotional Management

Behavior
Savers



Teach with Books: Handling Waiting

Using children's books to teach social skills is an excellent way to engage students in topics they need to learn or practice. Many children's books are easily available and often familiar to students. Most students (even older ones) enjoy stories read to them and are more motivated to learn the concepts than through direct teaching. Because stories are fun and pleasurable for many children, being read to feels like a leisure activity during class time. Students also tend to relate the emotions of the characters and can easily provide discussion into how they should think, feel, or act.

Make Planning Social Emotional Learning Easy

This resource includes a 30 minute lesson plan and activities which is a perfect way to introduce stories during circle time, social emotional learning time, or even as a sub plan when you want to reinforce concepts already talked about. It is also designed to follow the Second Step[®] Curriculum. This product has been granted permission from the publisher and is meant to align with the materials of the Second Step[®] curriculum. It is also perfect for social workers, counselors, or psychologists to reteach the Second Step[®] Curriculum concepts in small groups or individual sessions. It comes complete with a scripted lesson plan, connections to social emotional/common core standards, lesson teaching guides, and individual practice pages.

This resource includes:

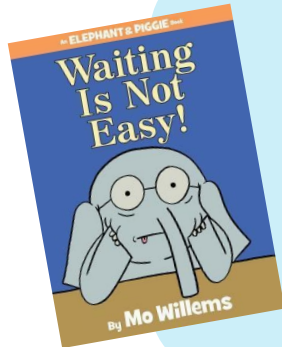
- 2 page Scripted Lesson Plan
- Feeling Cards: Excited and Impatient
- Waiting Meter Teaching Guide
- Calm Down When Waiting Teaching Guide
- Waiting Games Teaching Guide
- Waiting Wizard Worksheet (2 adapted levels: PreK-K and K-2)

Other books in this series includes:

- Howard B. Wigglebottom Learns to Listen
- My Blue is Happy
- Bear Feels Sick
- The Way I Feel
- I Love My New Toy
- Zach Apologizes
- Zach Gets Frustrated

Thank you! If you enjoyed this resource
or have feedback, please see my store at:
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Waiting Is Not Easy! by Mo Willems

Waiting Is Not Easy! In this fun story, Piggie has a surprise for Gerald, but he is going to have to wait for it. And Wait. And wait some more. This is very hard for Gerald. He at first is so excited that he can not wait. He begins asking Piggie lots of questions. When Piggie still won't tell him he tries to wait but it is getting harder. He goes through the emotions of frustration and worry that the surprise will never come. The pictures capture these emotions which allow for students to better grasp feelings. At the end, Gerald is glad he waited.

BIG IDEAS

Impulse Control
Emotional Management



Student Learning Targets

I Can Statement:

I can control my impulses to wait when asked.

SEL Standard:

2C Use communication and social skills to interact effectively with others.

Common Core State Standards:

[CCSS.ELA-Literacy.SL.K.2](#)

[CCSS.ELA-Literacy.SL.1.2](#)

[CCSS.ELA-Literacy.SL.2.2](#)

Materials

1. Book or online reading <https://www.youtube.com/watch?v=seo8TYBfLLY>
2. Skittles or M&M's (1 for each student)
3. Excited and Impatient Feeling Cards. Choose photo or clipart based on the level of students and interest.
4. Waiting Meter Teaching Guide
5. Calm Down When Waiting Teaching Guide
6. Waiting Games Teaching Guide
7. Waiting Wizard Worksheet (1 for each student)
8. Pencil, colored pencils, or markers.

Lesson

Anticipatory Set-5 Minutes

I have a super big surprise for you today. I brought candy for us to eat today. How many of you like candy? How many of you are super excited about this. Show the Excited feeling card and explain that feeling. Pass out 1 Skittle or M&M to each student. **Now there is one catch. You can not eat the candy until we are all done with our lesson. Who is still excited? Today our lesson is about waiting. Who can tell me what waiting means? What are some of the things we have to wait for?** Let students answer. Highlight there are many things we need to wait for.

Who is having a hard time waiting to eat their candy? That feeling is called impatient. Show the Impatient feeling card and explain that feeling. **Who wants to eat it right now? What's keeping you from eating the candy? Why is it important to wait sometimes?** Let students answer. Make sure to highlight that feeling impatient is an uncomfortable emotion when we want something now. It's not bad or good. Just uncomfortable.

Lesson, Cont.

Direct Instruction (I Do) - 10 minutes

Today we are going to read a story about with Piggie and Gerald. Gerald has a hard time waiting for something Piggie wants to give him.

Show cover of book. Read the book. Be sure to stop to address any of the areas your students might need more explanation.

Ask the following discussion questions:

1. **What did Gerald have to wait for?** Surprise, Fireworks
2. **What was Gerald feeling first? How do we know?** Excited. Highlight the facial expressions in the book.
3. **How did he handle it?** Asked a lot of questions, was frustrated, got mad
4. **What could Gerald have done when he was waiting?** Thought of something else, played a game with Piggie, read a book, etc.



Student Activities/Role Plays (We Do) - 10 Minutes

Let's talk about what we can do when we have to wait. When we have to wait we usually have a hard time when we are either excited or impatient. What types of things might happen that make us excited or impatient? Let students answer.

Sometimes we are able to wait for things and sometimes we are not. Once way to help us wait is to identify how strong these feelings are. Here is a chart that can help us understand how excited or impatient we are feeling. Go through the chart explaining the different numbers and descriptions. I am going to read some situations, and I want you to raise your fingers with the number that shows how excited or impatient they make you feel.

Read the situations:

You are standing in line to eat lunch.

It is your birthday and you brought a special treat for your friends.

It is time for gym but your class has to wait for the class before to finish

Very well done understanding how different situations might be easy or hard to wait for. Now, let's talk about what you should do when you are waiting and it is hard. Let's pretend that your teacher's dog (or cat) is going to come to school. Isn't that exciting. When the pet arrives you are super excited and feeling impatient to pet the dog. Let's look at our chart. Go through the last column of the chart and describe each section. When you are a number 4 or 5 you should do the calm down steps until you are calm and able to use a waiting skill. Let's practice each one. Go through each skill modeling for the students how to do the calm down steps.

Skill Check (You Do) - 5 Minutes

Now I am going to give you a chance to think about situations that you have to wait for. Pass out the Waiting Wizard Worksheet. Have students put their name at the top.

On this sheet I want you listen as I read each one. Then rate how hard waiting is and then cut out a waiting game you could do. For the older students have them use the word bank and write the game in the box.

Have students share out when done.

End the lesson by having the students eat the candy. Be sure to reinforce them for waiting.

Lesson Notes



Excited

A comfortable feeling when you are expecting something good to happen.



Impatient

An uncomfortable feeling when you have to wait for something.



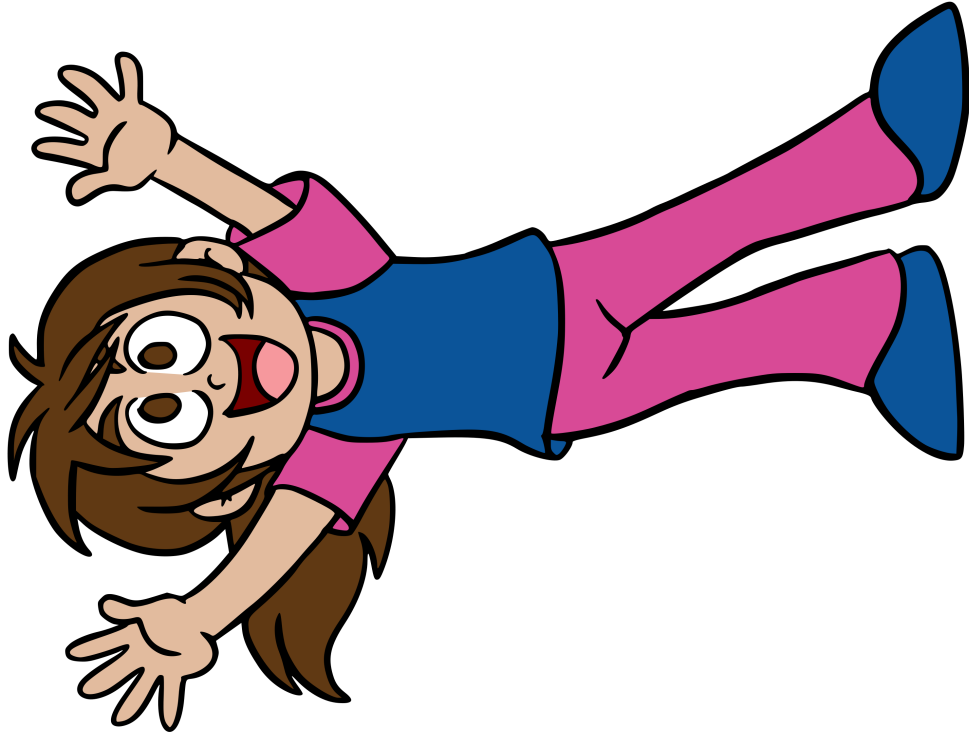
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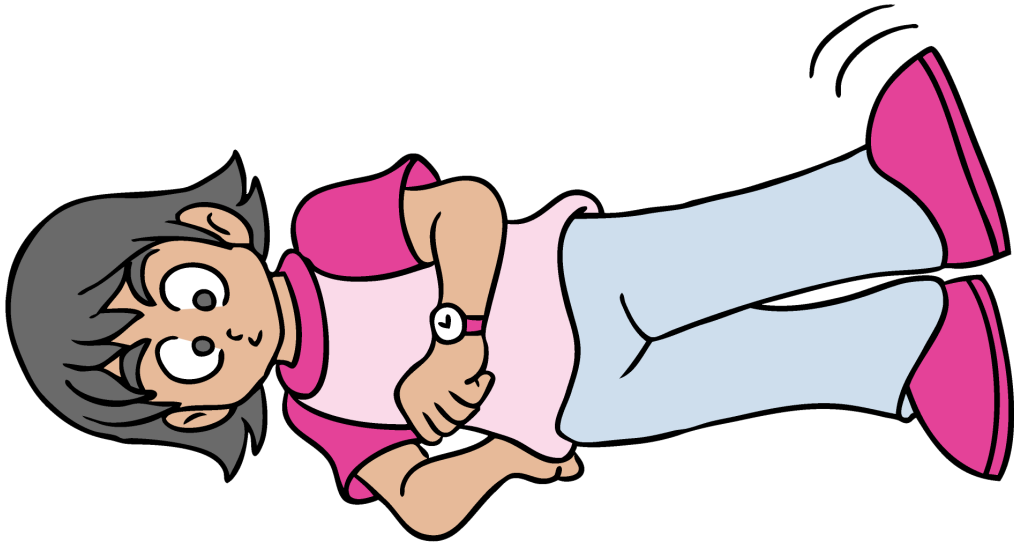
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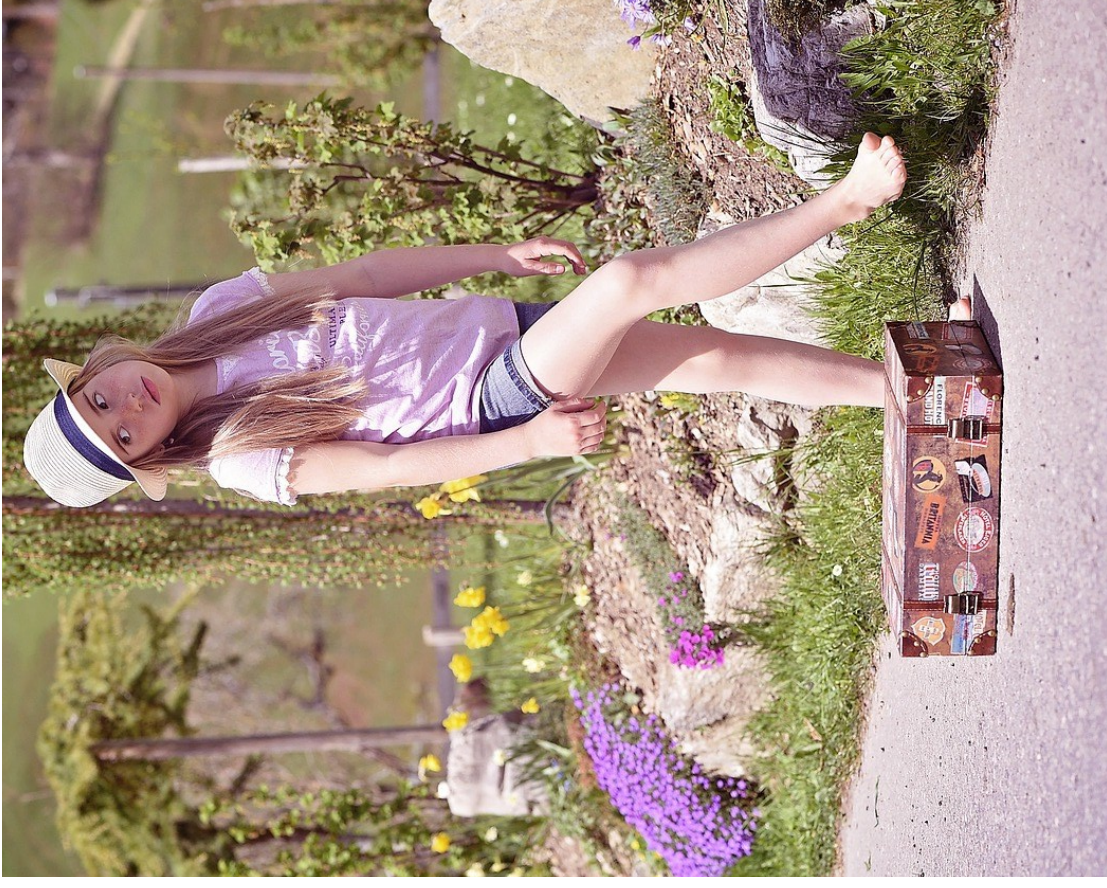
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Waiting Meter

When you have to wait, use this meter to determine how easy or hard waiting is. Then do the waiting activity until you are able to wait or the activity begins.

How Excited or Impatient are You Feeling?	What Should you do?
1 Not At All	Nothing...You are calm and able to wait.
2 A Little	Focus on waiting games until the activity begins: <ul style="list-style-type: none">• Count items• Play I-Spy• Find ABC items• Squeeze hands• Do toe lifts• Think of a story in your head
3 Somewhat	Use the Calm Down Steps: <ol style="list-style-type: none">1. Say "Stop"2. Name your Feeling3. Use a Calm Down Skill:<ul style="list-style-type: none">• Belly Breaths• Counting• Positive Self-Talk
4 Much	
5 Very Much	

Calm Down When Waiting

When you are excited or impatient when you have to wait, practice the calm down steps so that you can remain calm and use waiting skills.

1. Say "Stop"



STOP

2. Name Your Feeling



I feel _____

3. Use a Calm Down Skill



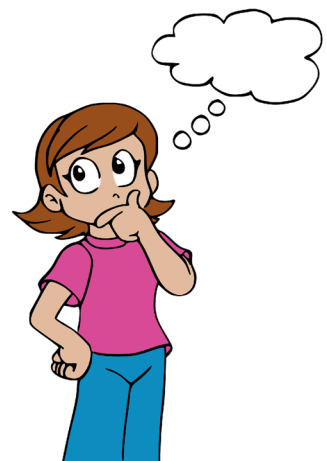
Belly Breathing

Pushing your belly out when you breath in



Counting to Calm

Take a deep breath and slowly count up or down to 10

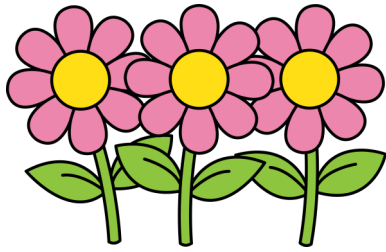


Positive Self Talk

Saying helpful things to yourself

Waiting Games

Practice a few of the waiting games below so that you will know how to do them when you have to wait.



1 2 3

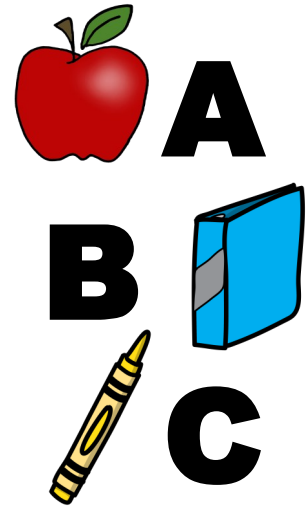
Count Around

Look around the room and count things you see



I-Spy

Look around the room and find things



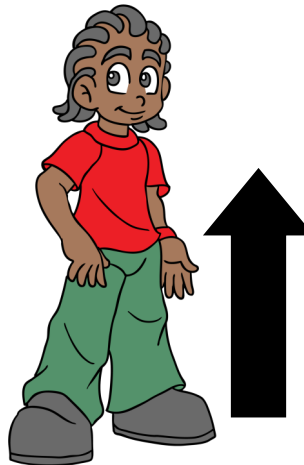
ABC Game

Look around the room and find things that start with letters



Big Squeeze

Put hands together and squeeze



Tall Heights

While standing, lift up on your toes and go back down



Story Teller

Think of a story in your head

Waiting Wizard

For each situation, decide and circle how hard it is to wait and then cut and paste a waiting game you can play. Color when you are done.

You are very thirsty and have to wait in line for a drink.



How hard is it to wait? 1 2 3 4 5

I can:

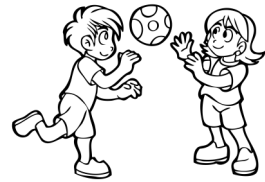
The teacher is helping a friend but you have a question.



How hard is it to wait? 1 2 3 4 5

I can:

You want to play a game at recess but all the balls are being used.



How hard is it to wait? 1 2 3 4 5

I can:

There is a class party in the afternoon but its only morning.



How hard is it to wait? 1 2 3 4 5

I can:

You lined up for recess but now you have to wait.



How hard is it to wait? 1 2 3 4 5

I can:

At lunch your table is last to be called.



How hard is it to wait? 1 2 3 4 5

I can:

Count Around

ABC Game

Tall Heights

I-Spy

Big Squeeze

Story Teller

Waiting Wizard

For each situation, decide and circle how hard it is to wait and then write in the box a waiting game you can play. Color when you are done.

Word Bank

Count Around

ABC Game

Tall Heights

I-Spy

Big Squeeze

Story Teller

You are very thirsty and have to wait in line for a drink.



How hard is it to wait? 1 2 3 4 5

I can:

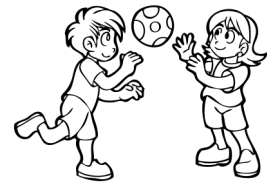
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