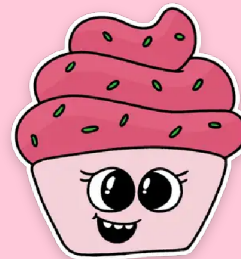


Waiting Is Hard

Waiting is hard! What can you do to make the time go faster?

Name: _____ Date: _____



Something I find hard to wait for

Waiting makes me feel:



Fine



Wiggly



Grumpy



Very upset

Things I can do while I wait:

- ☐ Count slowly ☐ Sing a song in my head ☐ Draw ☐ Look for colors
☐ Take deep breaths ☐ Talk to a friend

Next time I have to wait, I will...
