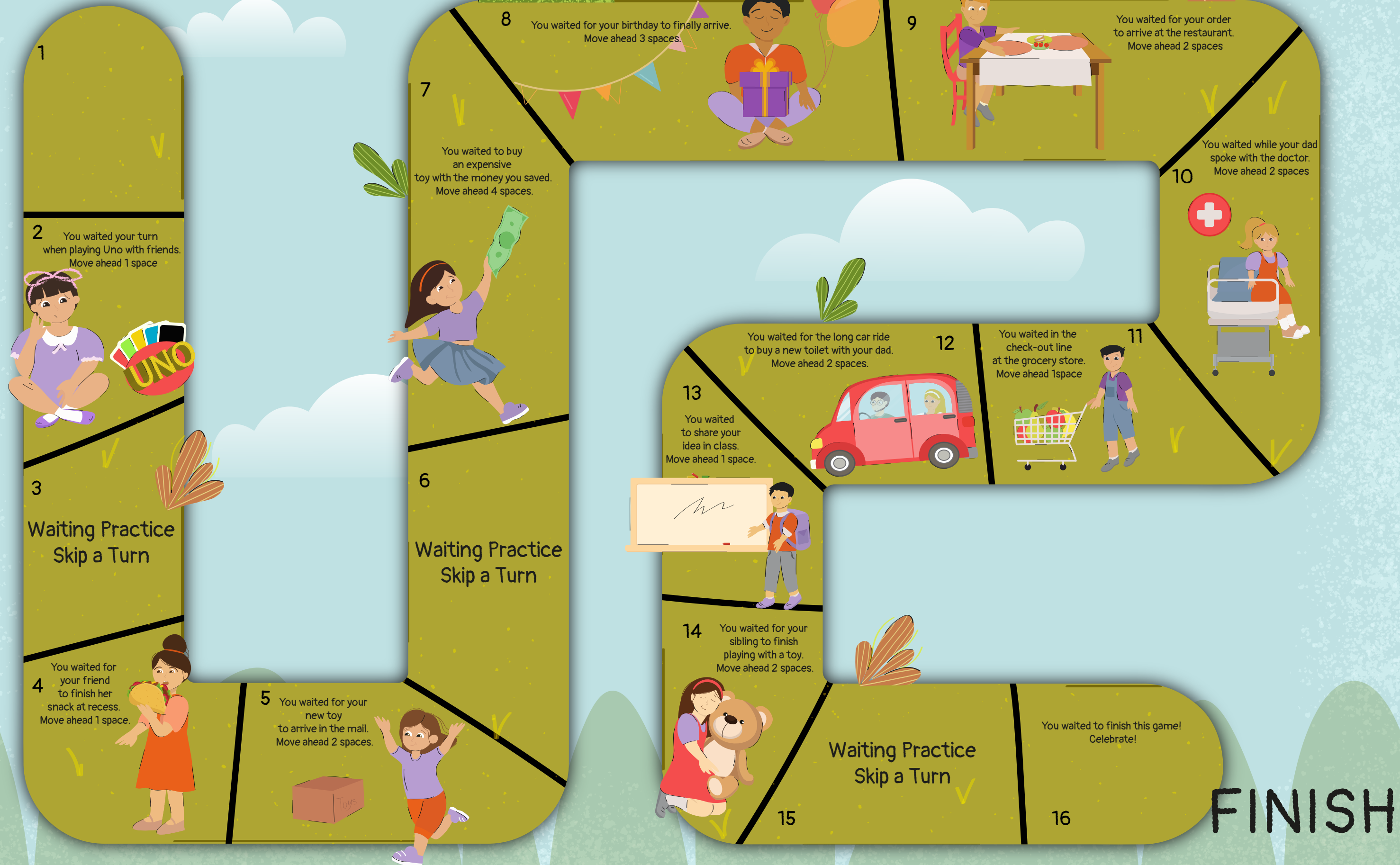


The Waiting Game

START



The Waiting Game

THE GAME

Seymour wants to practice waiting. He loves this game that reminds him he can do hard things like waiting by being mindful and saying:

PAUSE:
Count to 10.
Wait with friends.
That's a win.

How to play:

Draw a card. If it has one blue-footed boobie on it,
(Seymour) move ahead one space.
If it has two blue-footed boobies on it, (Seymour and Turquesa), move ahead two spaces.

Goal:

Get to the finish line.
The person who gets there first can cheer on the other players until everyone finishes the game.

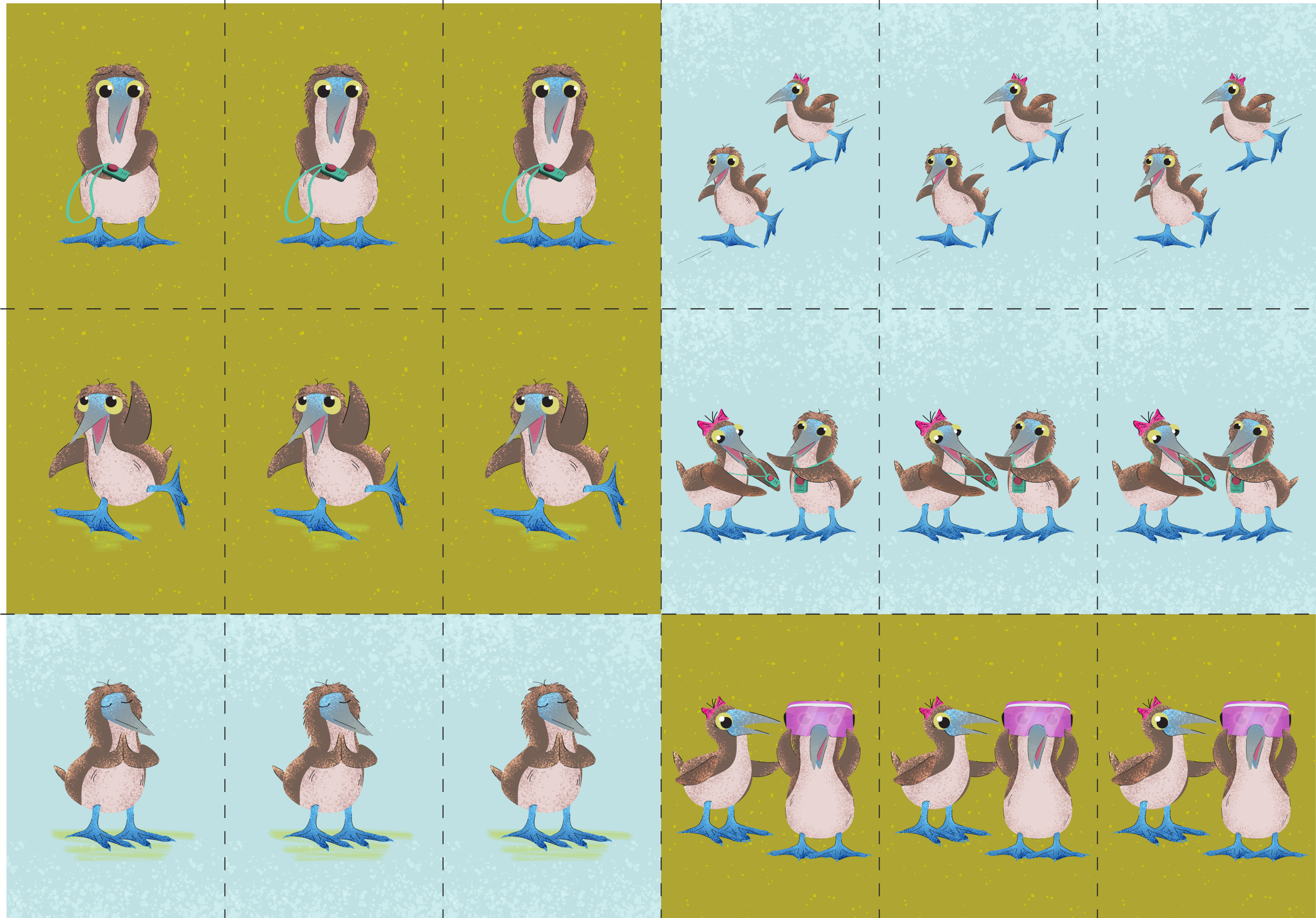
Advanced Level:

A. For each turn, if you and your partner can think of a new idea for the third line of Seymour's poem that goes with the space you landed on, you and your partner can both jump ahead an extra space.

For example, waiting at the doctor could be:

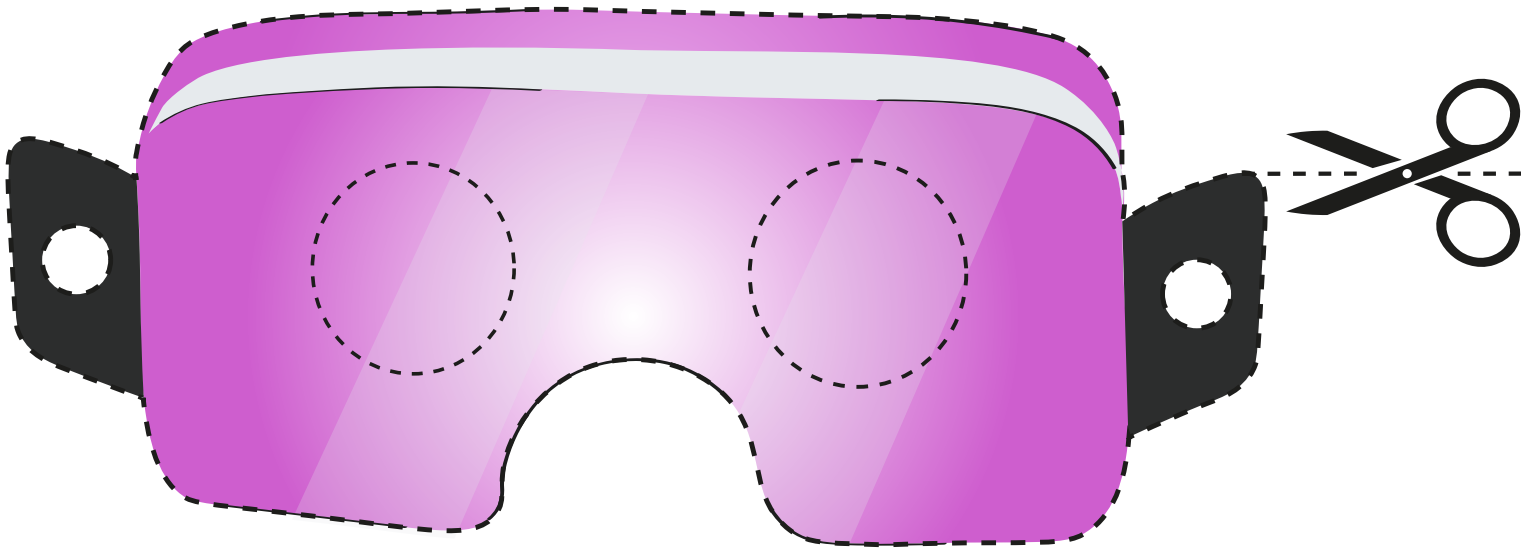
PAUSE:
Count to 10.
Check your pulse.
That's a win.

B. For each turn, if you can think of a new idea by yourself for the third line of Seymour's poem that goes with the space you landed on, you can jump ahead an extra space.



Encourage the child to practice waiting for something, like Seymour did.

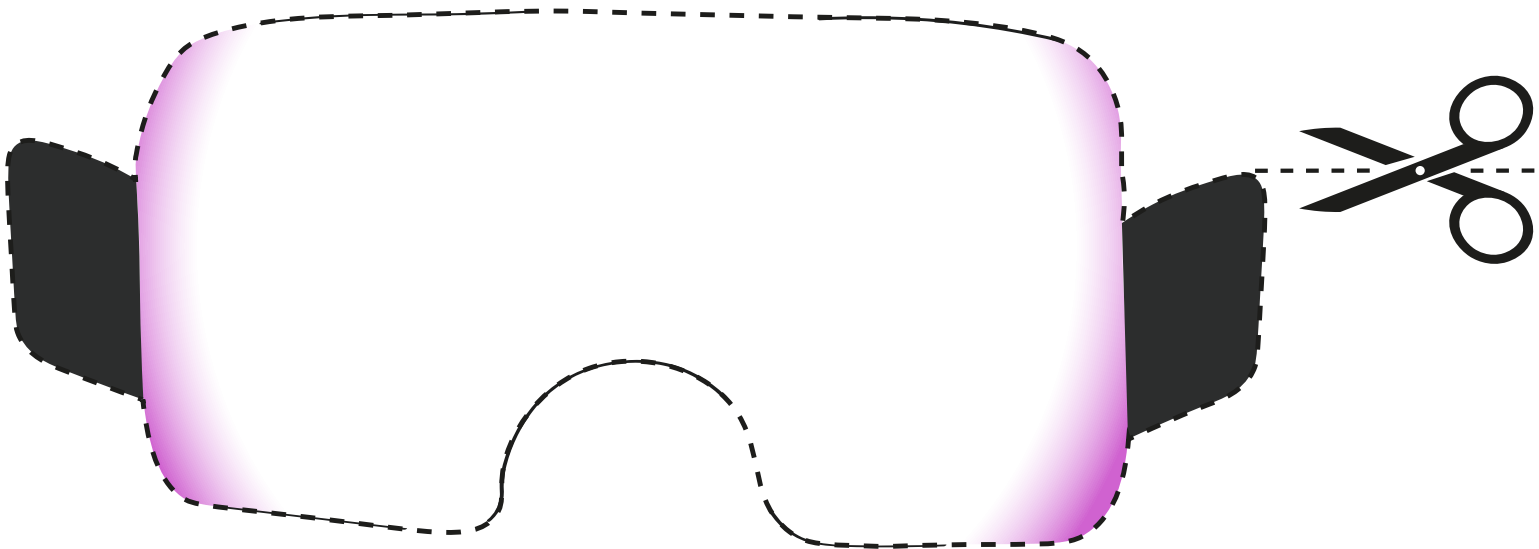
Help the child cut out their own Future Vision Goggles like the example (around the frame on the outside and on the inside so that the child can see). The child will have just the frame to wear. Then thread a string through the holes. Tie the strings around the child's head so the goggles are comfortable.



***Warning:** Do not use scissors or wear goggles without adult supervision.*

Help the child imagine their future self waiting for something like Seymour did,
and then draw it on the goggles below.

These goggles can be cut out around the frame.
Have the child draw how they would wait in line for something.



These goggles are not for wearing. Cutting to be done with adult supervision.

When a child must wait, they can learn to regulate, through “just right” practice, to manage the anxiety of waiting, with support from an adult who teaches them how to control their attention and thoughts about waiting and how to use strategies for success.

Common things kids don't like: Waiting...

in lines
for summer to arrive
for You Tube videos to load
for You Tube ads to end
to get school computers back
for a turn when playing a board game
for a package to arrive
for a birthday
for food to be ready
for a grown-up or friend to finish talking
to get “there”
to share your idea in class
for someone to finish playing with a toy you want to explore
to have enough money to buy a toy

Parent connection

Praise successes.
Explain why.
Make it fun.
Spend time together before a waiting time.
Build skills. (See Practice below.)
Preview what to expect. (waiting plan)
Fill child's cup in advance.

Practice

Mindful Seymour Pauses: Waiting in Line by Nan Arkwright
Waiting is Not Easy by Mo Willems
Seymour Practices Waiting board game
Child practices waiting plan.
Do projects that get completed in stages.
Red Light, Green Light.
Freeze Tag.
Duck, Duck, Goose
Hide & Seek

Strategies

Visual timer.
Visual schedule.
Countdown.
Distraction.
Fidget tools.
Social story.
Pay attention to something besides waiting.
Mindfulness

When a child must wait, they can learn to regulate, through “just right” practice, to manage the anxiety of waiting, with support from an adult who teaches them how to control their attention and thoughts about waiting and how to use strategies for success.

Topics for conversation while waiting

Imagine being successful doing something challenging.

See yourself doing something hard and think how that would feel.

Think of a plan for what to do when it's time to do something that is not fun.

Decide how you'll stop doing something fun the next time that happens.

Notice how you feel inside right now;

if you have an uncomfortable feeling, think about what you can do to feel more comfortable.

Think of something that didn't go well and decide how you'll handle it next time.

Think of something that did go well and share how it felt and how you grew.

Think about something you did that was helpful to someone.

Recall a moment when you managed a disappointment recently.

Think about what you could say to yourself if you need to do something new.

Think about what words from someone would help you feel encouraged when something is tricky for you.

Recall something you did recently that made you think hard.

Recall something that didn't go well recently and what you will try differently the next time.

Think of 3 things that help you feel calm.

Think about something you completed recently that you felt good about.

Think about a way your brain grew today.

Decide on a challenge you would like to try tomorrow.

Think about something you would like to get better at doing.


Think about something that you are willing not to do (or give up)
in order to achieve a higher goal (or have something you want more).

When a child must wait, they can learn to regulate, through “just right” practice, to manage the anxiety of waiting, with support from an adult who teaches them how to control their attention and thoughts about waiting and how to use strategies for success.

Ideas for what to do while waiting

I Spy
20 Questions
Rock, Paper, Scissors
Chopsticks
Simon Says
Word Search
Hidden Pictures
Crossword Puzzles
Board game
Color
Draw
Tic Tac Toe
Read
Paper Airplanes
Random Act of Kindness
Card Games
Finger Play
Chill
Origami
Thumb wrestling
Chopsticks
Busy Bag
Child's Choice (e.g. toys, pretend play, building,
arts & crafts, social interactions, music, write,
puzzle, explore, research special interests,
cultivate strengths, practice a dance move/sports drill,
exercise, nature, cook)

When a child must wait, they can learn to regulate, through “just right” practice, to manage the anxiety of waiting, with support from an adult who teaches them how to control their attention and thoughts about waiting and how to use strategies for success.



Quotes

“Patience is learned through waiting.” – E’yen A. Gardner

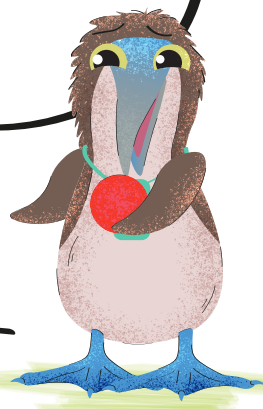
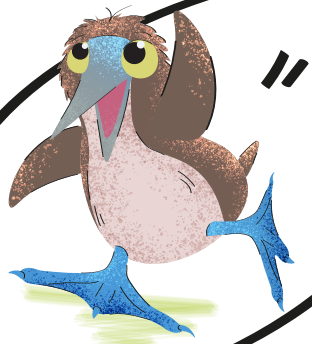
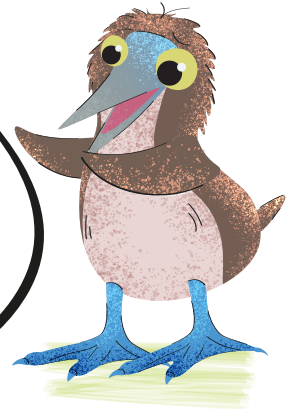
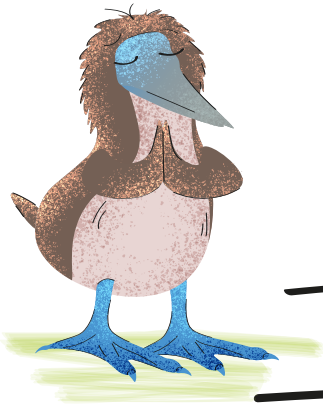
“And sure enough even waiting will end...if you can just wait long enough.” – William Faulkner

“Have patience. All things are difficult before they become easy.” – Saadi


“Waiting is one of the great arts.” — Margery Allingham

“Waiting is a form of passive persistence.” – Ogwo David Emenike

Follow how Seymour imagined himself waiting in line until it was finally his turn to get the red ball.
Counting to calm himself so he could think what to do.
Finding a friend to talk with while waiting in line.
Having fun playing Four Square.
Can you find those pages in the book?



Some Strategies For Helping Kids Pause



Model task	Movement breaks
Practice	Anticipate
Explicitly teach a new skill	Consistent
Consider seating options. (type, location)	Child's level
Break skill into small steps	Sensory strategies
Reduce demand	Referral
Pre-teach	Say it once
Simplify	Use timed timer
Picture schedule, routine	Physical and visual contact to get attention
Carry-through by child	Sleep
Ask and listen	Develop strengths
On-task	Praise
Redirect when distracted (self or environmental)	One thing at a time
Clear boundaries, expectations	Slow down
Coping strategies	Regulate yourself