

Presenter: Hi Lingokids listeners! Listen up!!

Cowy: School's out!

Presenter: What do those sounds remind you of?

Lingokids Characters: Summer!

Presenter: Yes! The sounds of summer! Are **you** excited for summer?

Lingokids Characters: Yes!!!!

Presenter: So am I! In fact I am feeling very impatient for summer to start!

Cowy: Im-pashe...**ant**? Is that a kind of bug?

Presenter: Feeling impatient means, instead of calmly waiting for something, you feel... frustrated, anxious, irritable...like YOU JUST CAN'T... WAIT... ANY.... LONGER!

Welcome to Storytime by Lingokids - where we discover fascinating facts about the world around us and the fun of Playlearning. Get your listening ears on and listen up to hear what happens when Lisa feels very impatient.

Lisa: I'm sooooo excited for summer camp! I just wish I could go RIGHT NOW!!!

Presenter: Oh, Lisa, you sure do love summer camp!

Lisa: I do!

Presenter: But waiting can be hard!

Lisa: Yes! It's like I'm all filled up with butterflies and lightning bolts, I just can't wait to go!

Presenter: That's a hard feeling to deal with. Lingokids listeners, have you ever felt like that?

Billy: Chirp

Cowy: Uh huh

Elliot: Oh yes...

Presenter: Then perhaps you were feeling impatient.

Lingokids Characters: oh, wow...

Presenter: What are some things that make you feel impatient?

Cowy: Waiting in line!

Lisa: When my mom is talking on the phone and I need her!

Elliot: When I have a playdate tomorrow, but I want it to be NOW!

Presenter: Feeling impatient can be hard at times! Lisa, how are you coping? It sounds like you could use a lot of patience.

Lisa: I'm ten sleeps away from going but I just can't wait! I have NO patience! What am I going to do?

Billy: Chirp chirp

Presenter: Billy says he will build a time machine for Lisa to travel forward in time, so she doesn't even have to be patient! That's very thoughtful of you Billy, but we all need to learn to be patient.

Lisa: Why?

Presenter: Because very often we have to wait for something to happen.

Lisa: Like waiting for camp?

Presenter: Yes. And without patience, waiting can make us anxious, frustrated or even angry. Having patience helps us feel calmer while we wait.

Elliot: Is learning to be patient easy?

Presenter: Learning to be patient takes hard work and practice! It's like a muscle. The more we use it, the stronger it will grow!

Presenter: So, the more we practice and learn to be patient, the easier it will be.

Lisa: I don't want to learn patience, I just want to have fun at camp!

Presenter: The good news is, there ARE some fun ways to be patient.

Lisa: Really?! Like what?

Presenter: Lingokids listeners, do you have any ideas that might help Lisa to be patient? I bet you came up with some fantastic ideas! Maybe one of those ideas was for Lisa to become busy doing other things she likes!

Cowy: Like drawing!

Presenter: Great idea! Lisa, do you think drawing might help you patiently wait for camp to start?

Lisa: Well, maybe I could draw pictures of all the fun things I'll do at camp!

Presenter: Fantastic idea! Lingokids Listeners, you can also join Lisa and draw the fun things you will do during your summer vacation. Just ask a grown up to download the Coloring template from the episode description so you can draw along! So, Lisa, anything else you could do?

Lisa: I could give all my camp friends my pictures!

Presenter: I'm sure they would love that!

Lisa: And I could pretend that we're playing a game of kickball, and I kick a home-run!

Presenter: Wow, Lisa! You came up with another great idea! Using your imagination is a great way to be patient. I have another idea. Sometimes when I'm feeling impatient, I slow down and take a long, deep breath.

Elliot: Deep breaths? That can help when I'm feeling angry too, right?

Presenter: Yes, Elliot! Long slow deep breaths help with a lot of emotions! Deep breathing gets you into your thinking mind. Speaking of thinking, Lisa, do you think you'll be able to wait for camp to start? Lisa? Lisa?

Lisa: Oh, sorry! I was so busy **drawing** and **thinking** about camp, I forgot how hard a time I was having **waiting** to go to camp!

Presenter: Sounds like your patience muscle is getting stronger by the minute!

Thank you Lingokids listeners for listening! I hope you enjoyed the story and learned about patience, including some things you can do when you feel like you just can't wait! Let us know what helps you to stay patient. Check out the show notes for our contact details. And if you are ready for interactive playlearning time, explore our Lingokids app. It offers fun and educational songs and games to help kids ages 2 and older learn and develop important skills, such as communication, collaboration, critical thinking, and creativity. That's the power of Playlearning™. See you in our next episode