

Patience



Impatience



MADE BY AMAYA ÁRIZ
TRANSLATED BY ANA REY

Elaborado con pictogramas de Arasaac y Picto Selector , Imágenes Internet, por
Amaya Áriz info.ana@autismonavarra.com

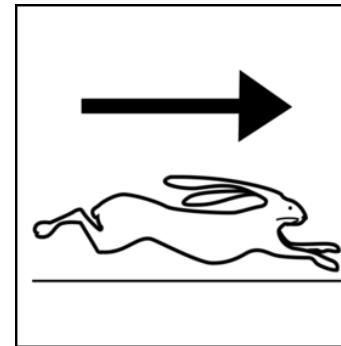
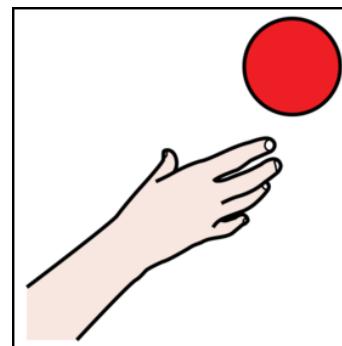
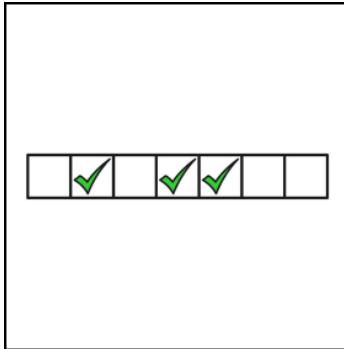
Patience



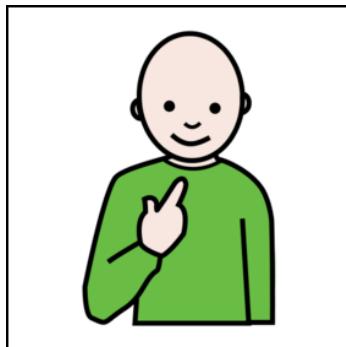
Impatience



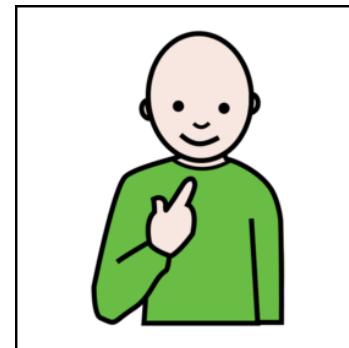
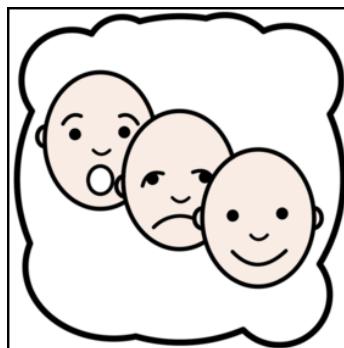
Sometimes I want to have something very fast.
This is called **im**patience!



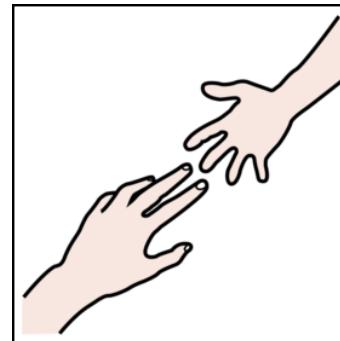
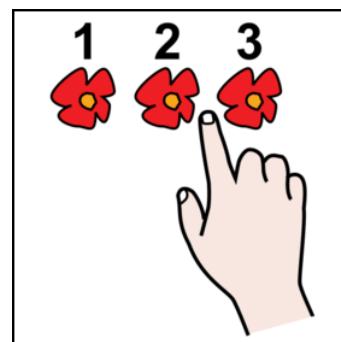
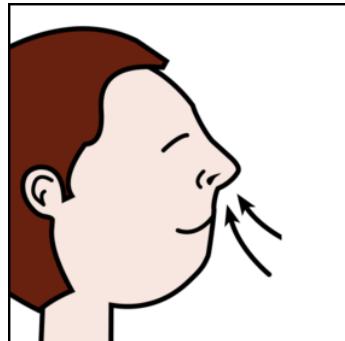
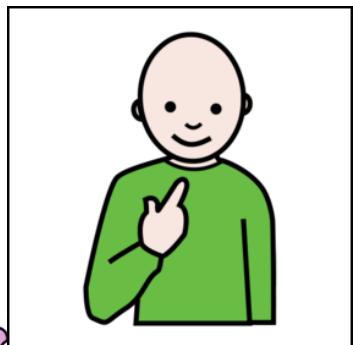
I can't wait and I get angry and I'm **im**patient



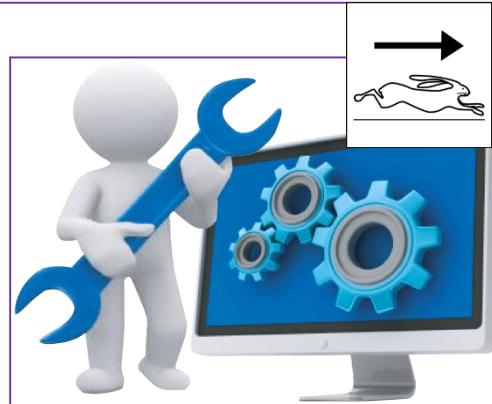
Impatience is a feeling that I can control.



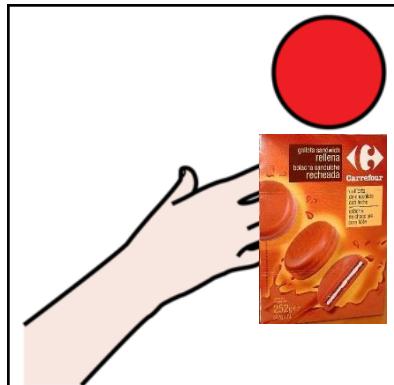
I can take a deep breath, count to ten, ask for help or think of beautiful things.



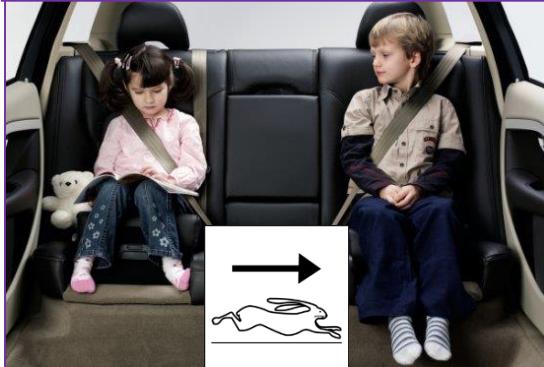
When the Wi-Fi goes down and I want it to be fixed fast,
I feel **im**patient and angry.



When the chocolate cookies are all gone and
I want more really fast, I feel **im**patient and angry.



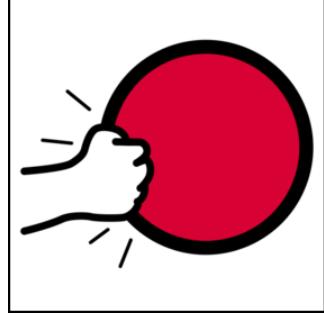
When we go on a trip and I want to get there fast,
I feel **im**patient and angry.



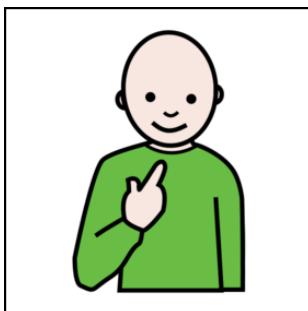
When I'm hungry and the food is not ready,
I feel **im**patient and angry.



What happens to me when I'm **im**patient? I scream, cry or hit.



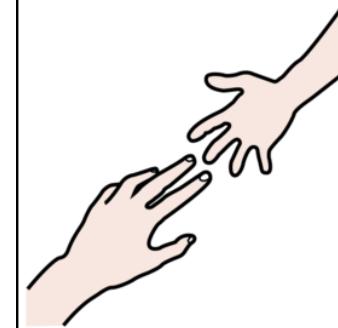
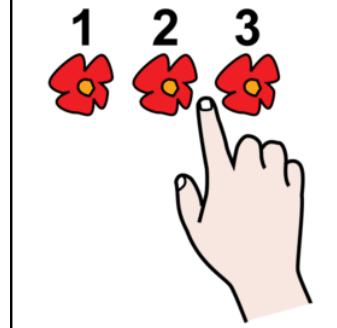
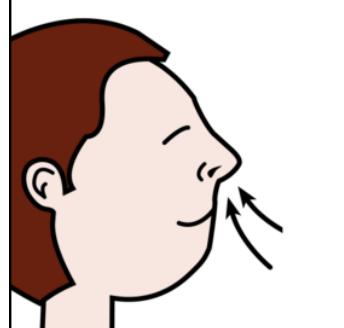
Impatience makes me scream, bossy and I fight.



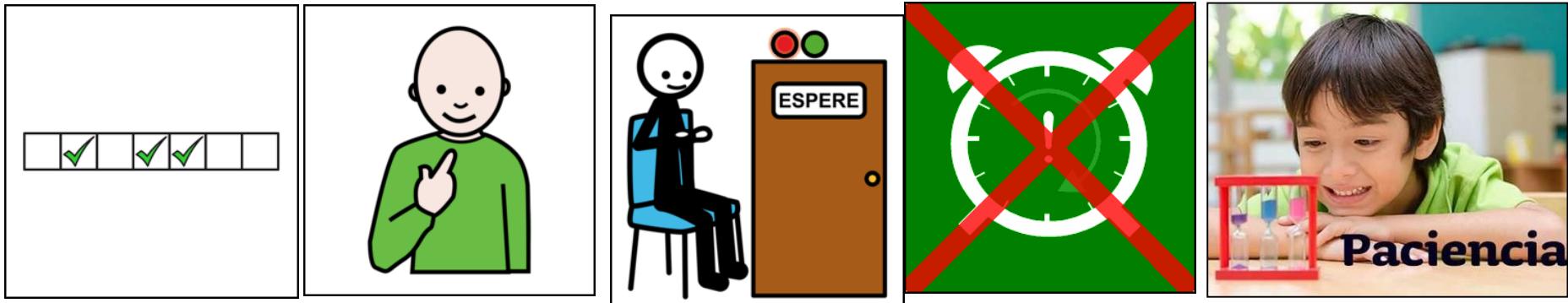
When I scream, cry or hit, I hurt other people's feelings.



What can I do not to feel **im**patient?
Take a deep breath, count to ten ask for help
or think of beatiful things.



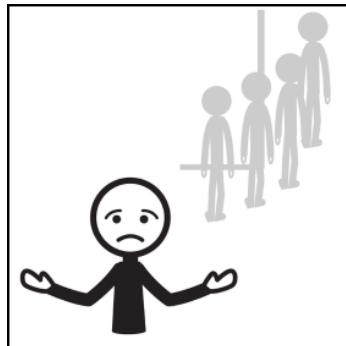
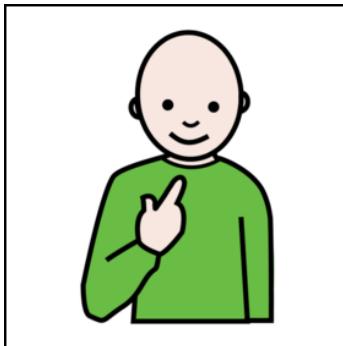
Sometimes I wait calm and I'm not in a hurry. This is **patience**.



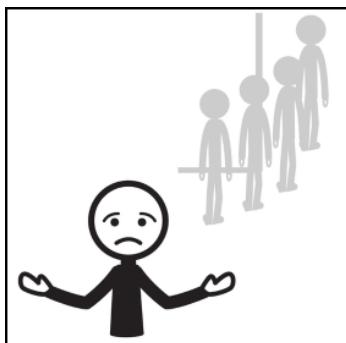
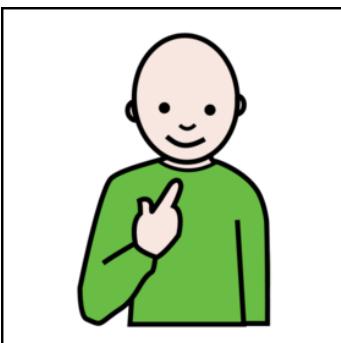
And I'm **patient**.



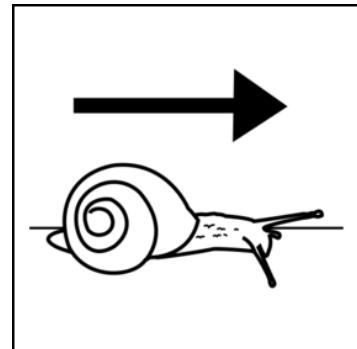
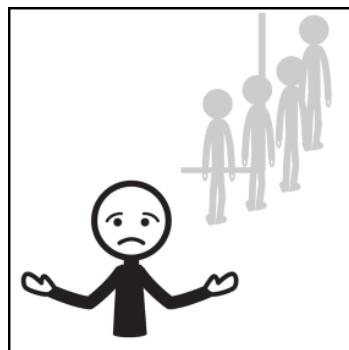
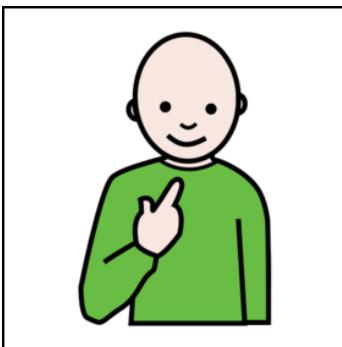
I have **patience** when I wait nicely for a plant to grow.



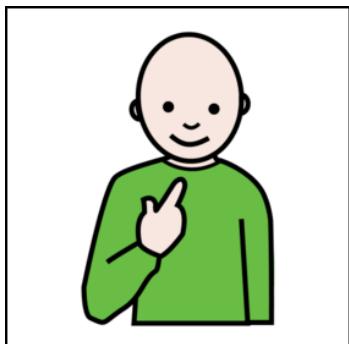
I have **patience** when I wait quietly while someone fixes the Wi-Fi.



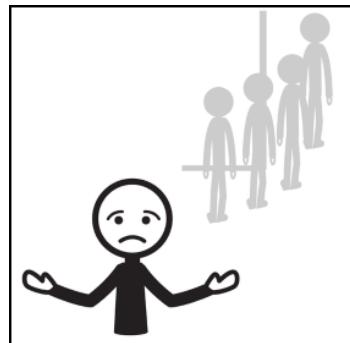
I have **patience** when I do things slowly and carefully.



I have **patience** when I'm calm if the tablet does not have battery.



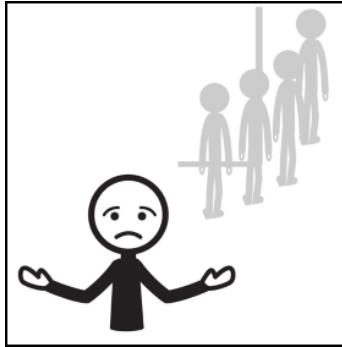
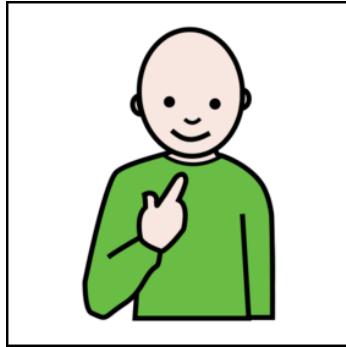
I have **patience** when I wait quietly at a queue.



The cat is **patient** because he waits quietly while Caillou paints a picture of it!



If I have **patience**, everyone is happy.



If I have **patience** I also feel happy and much better.

