



Anchor's Waiting Challenge!

I can see the wait, fill the wait, and ask for help.

Waiting
is a skill.
I can do it!



1 What am I waiting for?



2 How long will I wait?

Check one.

- ☐ 15 seconds
- ☐ 30 seconds
- ☐ 1 minute
- ☐ 2 minutes
- ☐ 5 minutes



The colored part shows
how much time
you will wait.



3 What can I do while waiting?

Choose one or more.

☐ Draw or color



☐ Build something



☐ Move or stretch



☐ Play I Spy or
notice around me



4 What can I say if waiting is hard?

Practice these sentences.

"Waiting is hard for me.
Can you show me how long?"

"Can you help me choose
something to do while I wait?"



5 How did I do?

Check one.



☐ I used my plan by myself!



☐ I used my plan with help.



☐ I tried. I need more practice.



★ I can make a plan. I can wait. I can do hard things! ★

Strong Humans
Aren't Built
by Accident!



Anchor's Waiting Practice

Let's make time visible, choose what to do, and build my waiting skills!



Lessons with **GRANDMA MOMI**

1 My Waiting Toolbox

Use these tools to help me wait.

SEE the Wait



Look at the clock.
The colored part
shows how long
I will wait.

FILL the Wait



Do something
while I wait.

ASK for Help



"How much longer?"

"Can you show me?"

"Can you help me
choose something
to do?"

2 Let's Practice!

Follow the steps.

1 Choose a wait time.

Pick a short time
to start.



2 Pick an activity.

Choose something
to do while you wait.



3 Wait and do it!

Use your activity
while the timer runs.



4 Get your turn!

When the timer ends,
it's your turn!



3 Explore Time!

See how waiting connects to fractions and decimals.

Minutes	Fraction of an hour	Decimal of an hour
5	1/12	0.083
10	1/6	0.167
15	1/4	0.25
30	1/2	0.50
45	3/4	0.75
60	1	1.00



5 minutes is 1/12 of an hour.
That's a very small piece
of the clock!

4 My Practice Tracker

Each time I practice, I can color a star!

Date	What I waited for	How long?	What I did while waiting	How did it go?
1				😊 😐 😞
2				😊 😐 😞
3				😊 😐 😞
4				😊 😐 😞
5				😊 😐 😞

5 I Did It!

Color the pictures that show you using your waiting skills.



I looked at
the clock.



I chose something
to do.



I asked for help
when I needed it.



I kept going even
when it was hard.



I got my turn!

6 My Reflection

Circle how you feel about waiting now.



I can wait
more easily
now!



I'm getting
better.



I still need
more
practice.



Strong Humans Aren't Built by Accident!



**VANGUARD
ACADEMY**