

How to Wait

**I can be okay, even
when I have to wait.**

**Sometimes I have to wait,
and that is okay!**

I may feel angry or frustrated when I want something now, but I have to wait.

Here are things **I can SAY** when I have to wait:

What a
Bummer...

I'm going to
wait my turn.

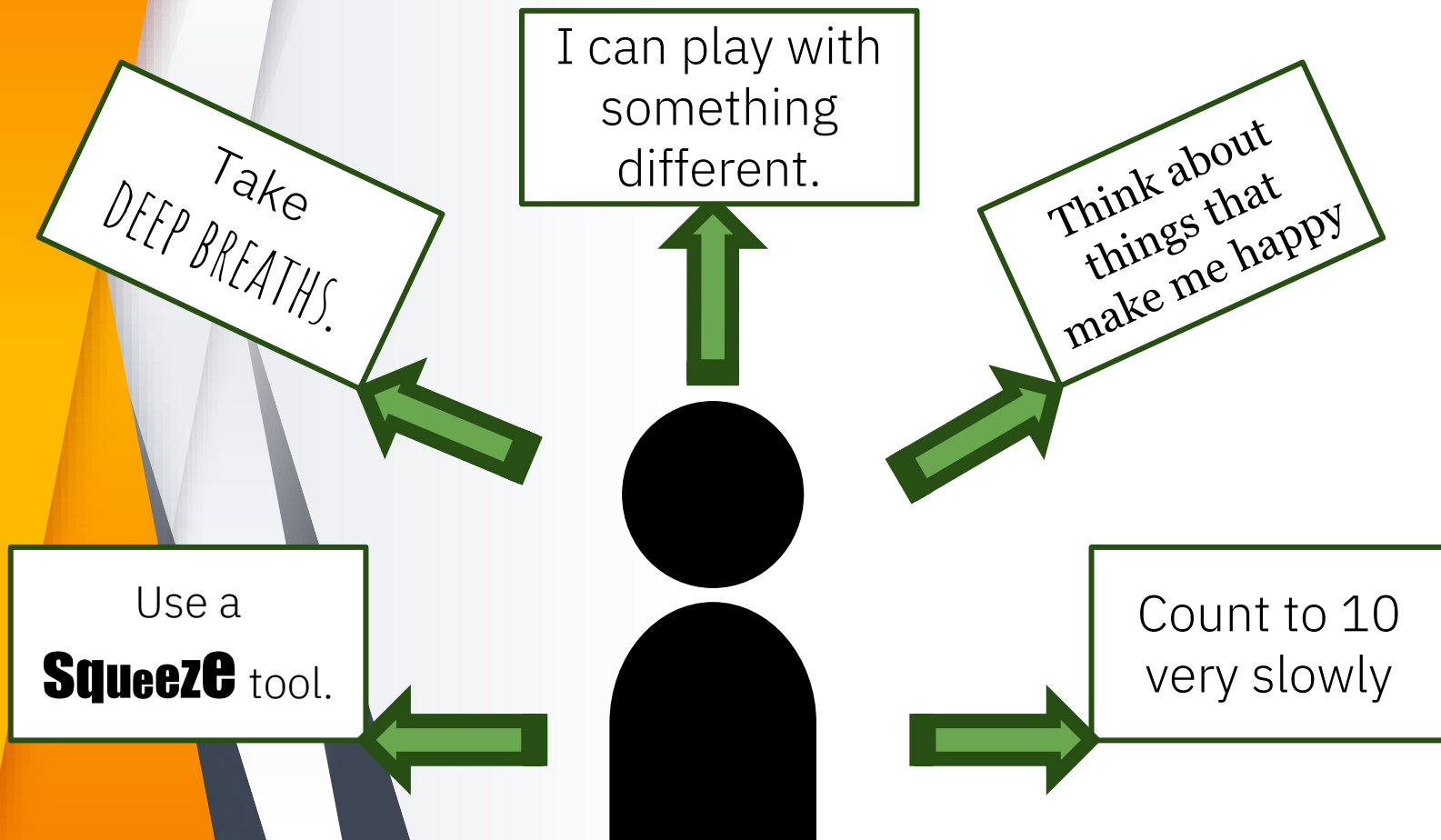
It's **O.K.** when I
can't have
something right
away.

I will get what I
want soon.

It's **O.K.** that I
have to wait
this time.

Oh
Madaaah!

Here are things I can DO when I am waiting:



Practice waiting

**I can be okay, even
If I have to wait.**

Waiting

**Time to
Practice!**

When I have to wait, I can:



I want to play on the
computer. But, it's not my
turn!

**What will help me
wait?**



things to **SAY**

things to **DO**

I want to eat lunch now, but
it's not time yet.



What will help me wait?

things to SAY

things to DO

My mom is talking on the phone, but I have something to say to her.



What will help me wait?

things to **SAY**

things to **DO**

I don't want to brush my teeth right now. I want to read a book.



What will help me wait?

things to **SAY**

things to **DO**

Someone is listening to music, but I really want to watch the TV! Now I have to wait.



**What will help me
be wait?**

things to **SAY**

things to **DO**

Here are things **I can SAY** when I have to wait:

What a
Bummer...

I'm going to
wait my turn.

It's **O.K.** when I
can't have
something right
away.

I will get what I
want soon.

It's **O.K.** that I
have to wait
this time.

Oh
Madaaan!

Here are things I can DO when I am waiting:

