

PATIENCE

- Waiting for geese to fly over the blind
- Being present
- Listening
- Waiting for food to come running
- Waiting in line
- Waiting for calm waters to go out in the bay
- Being patient with yourself, good things come to those who wait
- Bead working and other traditional crafts
- Being patient for someone to change their ways
- Being calm with the things that take time
- Being mindful
- Accepting
- Giving a child/elder your time
- Waiting for someone to finish talking before replying
- Patience at the table: wait for everyone to finish eating before getting up



