

Daily Dad

A DAILY DOSE OF DADDY

PATIENCE

Ages 3–5

DOSE 6 OF 365

How do you feel today? Circle yours · Dad ★ yours

Good things take time. We can wait!

Grow a bean! (Dad handles the bean. You help with the rest.)

Wet a paper towel → Slide it in a zip bag → Tuck in a dry bean → Tape it to a sunny window

Waiting game: Curl up small like a seed. When Dad says "Grow!", grow up slooowly until you're a tall plant. No rushing!

Draw your bean today

☆ Star it if it's a keeper!

Waiting tricks (try one with Dad!)

- Big breath
- Count to 10
- Sing a song
- Hug Dad
- Peek for a sprout
- My idea:

LET'S TALK: What is hard to wait for?

1. **Dad goes first.** Say: "I wait for cookies to bake. Yum!"
2. **Kid goes second.** Say one thing you wait for.

DAD JOKE OF THE DAY

What do you call a pig that does karate?

A pork chop!

Kid(s): _____ Dad: _____ Date: _____

Wise Words: *Big things don't grow all at once.* — Epictetus