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Name: _____ Date: _____

Learning to Wait
Jesse McCarthy

<https://www.montessorieducation.com/blog/learning-to-wait>

Resisting the Marshmallow and the Success of Self-Control
PBS News Hour

<https://www.youtube.com/watch?v=BLtQaRrDsC4>

2 Volunteer Hours

Instructions: Answer question 1 then click the links above to be redirected to the article and video. Please answer the questions below, and once completed, email this worksheet to office@saladomontessori.com or print and turn it into the office.

1. Before reading the article and watching the video, why do you think “waiting” is an important skill set?

Questions 2 and 3 are answered from the article.

2. Why do Montessori classrooms typically only have one of each material? (article)

3. List the three results of waiting a child experiences.

1. _____
2. _____
3. _____



Please refer to the video at 1:28 through 3:06 for the following questions.

4. Fill in the Blank

About _____ in three children are able to resist eating the marshmallow.

5. Children who resisted eating the marshmallow were seen to (2:16 mark):

1. _____
2. _____
3. _____

6. True or False (circle one)

A child who eats their marshmallow cannot learn self-control in the future.

True

False

Bonus (0.5 hr): Referring to 3:19 – 4:00 mark of the video.

1. Which portion of the brain is the “hot system” and which portion of the brain is the “cold system”?

Hot system: _____ Cold system: _____

2. The “hot system” is directly linked to what? (when this goes up, so does the hot system)
