

SPEAKER 1: I'd like you to come sit right here. OK. So Abigail, do you know what that is?

ABIGAIL: Yeah.

SPEAKER 1: What is it?

ABIGAIL: It's a marshmallow.

SPEAKER 1: It's a marshmallow. Do you like marshmallows? They're pretty sweet and delicious. You know, I have to go outside for a couple minutes, and I want you to not eat that marshmallow yet, OK?

ABIGAIL: OK.

SPEAKER 1: And in a couple of minutes I'm going to come back, and if you did not eat the marshmallow, I'm going to give you another one, and then you'll have two marshmallows.

ABIGAIL: OK.

SPEAKER 1: But, if you really can't wait and you eat the marshmallow first, that's OK. But then you'll only have one marshmallow, all right?

ABIGAIL: OK.

SPEAKER 1: OK. One now or two when I come back.

ABIGAIL: OK.

SPEAKER 1: OK. See you in a few minutes.

[SINGING]

[SINGING]

ABIGAIL: 1, 2, 1--

SPEAKER 1: Did I scare you with that noise?

ABIGAIL: Yeah.

SPEAKER 1: You did such a good job of waiting. I have a second marshmallow for you, so now you have one for each hand. Does that sound good?

ABIGAIL: Yeah.

SPEAKER 1: You did a nice job. Thank you.

Now, you know that this is a marshmallow. It's a piece of candy. It's nice and sweet and soft. I'm going to put it right there on the table, OK? Now, I have to go outside for a minute to talk to the other children, and what I'd like you to do is to wait and not eat the marshmallow, OK?

CHACE: OK.

SPEAKER 1: Now, if you can wait, when I come back I'm going to bring you a second marshmallow, and then you can have two. If it's too hard to wait and you eat the marshmallow, well, that's OK. But then you only get one marshmallow, all right?

CHACE: OK.

SPEAKER 1: So one marshmallow if you eat it now, two marshmallows if you wait.

CHACE: OK.

SPEAKER 1: OK. I'll see you in a few minutes. See ya.

SPEAKER 1: Hello, Chace. Were you able to wait? Then look, like I promised you, here's a second marshmallow. Now you have one for each hand. You did a very nice job of waiting. Thank you.