

SLOWLY, SLOWLY

We practice focusing by paying close attention to the sensations in our bodies as we move in slow motion.

LIFE SKILLS: Focusing

DURATION: 5 or more minutes

OPTIONAL SUPPLIES: Eric Carle's children's book "Slowly, Slowly, Slowly," Said the Sloth (see "Variation")

AGES: All

LEADING THE GAME

1. Let's see what it's like to move very slowly. We're going to move in slow motion together like this.
Demonstrate by moving your arm and describing the sensations in your shoulder, back, and neck as your move.
2. Make sure you have enough space around you so that you won't bump into anyone or anything when you move. Are you ready?
3. Let's start by moving one leg slowly. Notice the feelings in your whole body as you move – not just the feelings in your leg.
4. Great! Slowly lower your leg. Now let's reach down in slow motion and touch the floor with our hands. Stay here for a moment and notice if the sensations in your body change or stay the same.
5. Slowly stand up and then tilt your head from side to side in slow motion. Notice the sensations in your neck when you move. Do you feel sensations in other parts of your body too? Now try it with your eyes closed. What does it feel like?
6. *(Try this technique with various movements, tuning into the different body parts.)*

VARIATION

Use Eric Carle's classic children's book "Slowly, Slowly, Slowly," Said the Sloth to help teach young children how to move in slow motion:

- Explain that you're going to read a story that repeats the words, "slowly, slowly, slowly," many times, and the children will raise one arm in slow motion every time they hear those words. Encourage them to pay close attention to the feelings in their arm, shoulder, back, and neck as they move.
- Demonstrate the movement and describe the sensations that you feel as you move your arm in slow motion. Then, read the story.
- Raise your arm slowly every time you read the phrase, "slowly, slowly, slowly," and the children will mimic the movement.
- Pause after the jaguar's question to the sloth, "Why are you so lazy?" and ask the children if they think the sloth is lazy because he moves slowly. Wait for the children to answer before turning the page to read the sloth's response.
- Move your arm in slow motion one last time when you read the words, "slowly, slowly, slowly."

