



FREE LESSON GUIDE

SLOW DOWN!

An Oliver & Penny story about waiting, noticing and slow days

Ages 3–7 · PreK–1 · About 5 minutes · by Mr. Twisty (Chad Currin)



THE LESSON

Waiting is hard. Going at someone else's speed can show you things you'd zoom right past. *For the fast kid who finds waiting hard, and the grown-up who wishes they'd notice more.*

SKILLS IT BUILDS

- Reading body signals ("Slow steps. Head low.")
- Naming a feeling: "Waiting is hard, isn't it?"
- Empathy for someone moving at a different speed
- Mindful noticing with all the senses

TALK ABOUT IT

1. How did Mr. Twisty know Penny was having a slow day?
2. What did Oliver do that showed waiting was hard for him?
3. What did Oliver find when he got down to Penny's height?
4. Have you ever had a slow day? What helps?
5. What can YOU find on a slow day?

TRY IT: SLOW-DAY NOTICING WALK

Take a walk at "Penny speed." Trot, trot, trot. Stop. Sniff! Each child finds one thing they only noticed because they went slow: a sound, a color, a bug, a leaf. Draw it afterward. (Look, don't touch, if you find a mushroom!)

WORDS TO NOTICE

fast and slow opposites · the stretched-out "s l o w" · trot, stop, sniff · ants, mushroom, acorn cap, feather, beetle, puddle

FRAMEWORKS

CASEL social awareness & self-awareness · ELOF Social & Emotional Development and Scientific Reasoning (observing) · Pyramid Model emotional literacy · Zones of Regulation (Blue and Yellow)

KIDS WILL ASK...

Why is Penny slow? Is she sick? The book doesn't say, on purpose. The real Penny is an older dog, born in 2013, and older dogs (and people) have slow days. It's a good chance to ask, "What does your body feel like on a slow day?"

Does Oliver stop zooming? Not completely. "Oliver still zoomed ahead, sometimes. But he always came back." Fast is okay too. Both days find something.

Is the trail real? Yes. It's the trail where Mr. Twisty walks Oliver and Penny every day.

Read-aloud permission: teachers, librarians and caregivers may read this book aloud in classrooms, storytimes and live or virtual library programs. These are picture books, not clinical tools; they open conversations and pair with the supports you already use.