SLOW DOWN, Aliyah

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Newmark LEARNING™

Social Emotional My Self Learning Foundations™

Set Theme:

I Am Self-Aware

Build Social and Emotional Intelligence

Use the following tips to help children practice impulse control:

- Discuss that sometimes when we are excited, we may do things without meaning to, such as:
  - Interrupting friends
  - Jumping up out of our seats
  - Cutting in line
- Model self-talk to show how you recognize your impulsive behavior and change what you are doing.
- Invite students to share thoughts about times when they need to slow down, such as in line for recess.

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How to Read This Book with Children

1. Read aloud the title. Discuss why it can be helpful to slow down sometimes.
2. Read aloud the book with children.
3. Talk about Aliyah's actions as you read.
4. Ask children to explain why Aliyah is rushing. How does she change by the end of the story?
5. After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
6. Guide children to connect the story to their own experiences.



For Review Only

"Come on, Mom, ***LET'S GO!***" said Aliyah, racing to the door.



For Review Only

Ricky was coming over after school today.
Aliyah couldn't wait to play with him.



For Review Only

“Slow down, Aliyah,” said her mom with a smile. “Aren’t you forgetting something?”



For Review Only

"OOPS!" said Aliyah. "I need my backpack."



For Review Only

Aliyah thought about the playdate all day. After she ate her snack, she jumped up and ran to get her coat.



For Preview Only

"SLOW DOWN, ALIYAH," said Ms. Kay.
"Snack time isn't over yet.
Please clear your plate."



For Review Only

Real-World Wrap-Up

My Thoughts:

Is this child thinking carefully about what to do next? How can you tell?



For Review Only

My Feelings:

What are some things that happen when you are excited and rushing?

How do you notice when you need to slow down?