

Slowly, Slowly, Slowly, Said the Sloth Lesson Plan

 [scholastic.com/teachers/lesson-plan/slowly-slowly-slowly-said-sloth-lesson-plan](https://www.scholastic.com/teachers/lesson-plan/slowly-slowly-slowly-said-sloth-lesson-plan)

With students more on the go than ever before, there is less time devoted to play and rest. *Slowly, Slowly, Slowly, Said the Sloth* provides a nice opportunity to have a dialog about the importance of rest. Children enjoy the creatures that the sloth meets.

Students will "identify the major behaviors that contribute to wellness (exercise, nutrition, hygiene, rest, and recreation..." --*Massachusetts Comprehensive Health Curriculum Framework*

Materials

- Slowly, Slowly, Slowly, Said the Sloth by Eric Carle
- chart paper
- marker

Set Up and Prepare

While this may seem like a fairly easy activity, it is also an important one. Children who are better rested are better able to handle the stresses they encounter throughout their day.

Directions

Lead students in a discussion about how the sloth felt while he was restful. Use the chart paper to make a list of ways in which students benefit from resting.

Lesson Extensions

Play some quiet classical music and have students close their eyes as they listen.

Related Resources

www.eric-carle.com

www.picturebookart.org

- Subjects:
Literature, Reading Response, Literature Appreciation, Health and Safety
- Skills:
Reading Comprehension, Listening Comprehension
- Duration:
35 Mins