

WORKSHOP

Slowing myself down

Dear parents,

Today we played “Run, run; walk, walk” with *Minipally*. My teacher congratulated me because I was able to stop running when *Minipally*’s song said to walk. *Minipally* clapped when he said “stop!” and I stopped. It’s hard for me to tell when I’m excited or calm. Little by little, I’m learning to stop or slow myself down. When I’m excited, I need you to say, “You’re running, you’re shouting, that means you’re excited.” I also need to practise stopping (“Stop!”) to see that I am able to do it.

