



# Take It... Sloth!

## Activities to Learn About Patience and Slowing It Down

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- Part of the *Activity Book* series
- Includes 8 pages of stickers
- Suitable for ages: 4 plus

The little Sloth is really curious about the noise and bustle he hears from the branch he hangs upon. One little step at a time, he will come down and discover how his friends in the forest live. Surprised by the mess, confusion and restlessness of the lives of chimps, tigers and toucans, he will teach them how to appreciate the virtues of calm and reflection, to learn, together with the little readers, his motto: "Take it... sloth!" Aimed at 4-6 year olds, this book includes activities to develop the consciousness of the different emotions and how to cope with impatience and waiting times, as well as learning to pacing it down. The moments of "boredom" will become occasions to develop creativity and free the children's fantasy, as well as learning how to fill the lull moments as long car trips or rainy afternoons. Ages: 4 plus

**Chiara Piroddi** is a psychologist and expert in Neuropsychology, specialising in Cognitive-Evolutionary Psychotherapy. She graduated in Psychology at the University of Pavia in 2007. She completed her practical training at the Niguarda Hospital and she has written several books for White Star Kids.