

Hey all you kids and kids at heart! Welcome back to the “Different isn’t Bad” podcast. A podcast your family can trust.

Around here kids are important and different isn’t bad, it’s just different!

Have you ever been in a hurry and forgotten something important. Or maybe you’ve rushed through your chores and had to go back and do them all over again. I have!

In today’s episode you’ll meet Sally the seal and her friend Willy the Walrus. Sally learns something very important about slowing down and taking your time.

Listen in.

Here we go!

Slow Down Sally

By Robin Marie Johnson

Sally the Seal did everything FAST!

“Slow down Sally.”

Willy the Walrus knew what happened when Sally rushed.

Things got broken.

“Take a deep breath before you act.” he told her as she slid across the slippery surface of their sea enclosure.

“But I can’t slow down,” Sally replied.

“I have to get things done!”

Willy rolled his large walrus eyes and scratched his big tummy with his flipper.

He waited.

It was just a matter of time before he would hear the familiar sounds.

BANG!! CLANK! RATTLE!!

Sally the seal was fast and loud bumping into everything around her.

Willy the walrus had no problem slowing down.

CRASH!!!

Willy looked up to see Sally the seal with her flippers covering her eyes and whiskers!

“I’m sorry Willy,” she cried.

“Now you’ve done it!” Willy yelled in a slow steady voice.

“You’ve broken my seashell collection!”

“Can’t you ever slow down Sally?”

Sally looked at him with a tear in her eye.

“Would you teach me how?” She asked.

Sally wanted to learn but she didn’t know what to do.

Willy smiled. All his anger melted away the minute he saw Sally’s tears.

“It’s ok,” he said.

“Take a deep breath he said, now blow it out before you do anything.”

Sally did what Willy told her to do.

She was feeling better already.

“Now let’s try that slide again, this time look at where you want to be, not where you don’t want to be.”

Taking three deep breaths Sallys huge seal eyes focused on the cool water ahead.

That had been where she wanted to be in the first place.

“One, Two, Three!”

Off Sally slid, gracefully landing in the pool ahead.

“Great job slowing down!” Willy called after her as he watched her swim slowly around, splashing wet waves up into the air.

“That’s what you were made to do.” he said.

Then Willy flipped over, wiggling his large tail, oh so slowly.

Ok, kids and kids at heart. it’s time to connect! Remember to pause the podcast after each question and let everyone have a chance to share.

1. What happened when Sally rushed?
2. What did her friend Willy teach her to do?
3. Have you ever done something too fast? What was it?
4. Practice taking a couple of deep breaths in through your nose like this, then out through your nose like this. Let’s do it together just like Sally did. How do you feel? Did it make you slow down? Me too!

I hope you enjoyed this story. I wrote it because Miss Robin has a hard time slowing down too. When she rushes she forgets to focus on what she’s trying to do. That’s why taking a couple of deep breaths helps her. I hope it will help you too.

I’d love to hear from you. Have your parents come with you and visit me at www.robinmarie.org and share your own slow down stories with me. When you visit you’ll find coloring pages and real pictures of Stubby the cat, Lucy the dog and lots of other favorite characters from my podcast stories. And now there are videos of those same characters on my resource page.

Have a great week full of wonderful slow down adventures. And don’t forget to come back for another episode of the Different Isn’t Bad podcast for kids.

Remember to be brave, be kind and don’t be afraid to be different because different isn’t bad it’s just different.