



LIT LIBERATION- PICTURE BOOK SERIES

STORY-BASED LESSON HELPING CHILDREN
UNDERSTAND FEELINGS, BUILD SELF-REGULATION
SKILLS, AND GROW RESILIENCE

Book Title: Mindful Mr. Sloth by: Katy Hudson
Mindful Mr. Sloth
Resilient Regulation Skill:
<p>Body awareness helps children notice the physical signals that accompany their emotions, such as a fast heartbeat, tense muscles, a warm face, wiggly energy, or a calm, relaxed body. The DBT-informed skill of observing encourages them to pause and pay attention to these sensations, thoughts, and feelings without needing to immediately change or judge them. By noticing how positive emotions feel in their bodies—such as warmth during connection, lightness during joy, or peacefulness during calm—children can become more aware of the experiences that help them feel safe, happy, and energized. Recognizing and savoring these positive emotional moments strengthens resilience by building emotional resources they can draw on when life feels challenging.</p>
Why This Book:
<p><i>Mindful Mr. Sloth</i> makes abstract concepts concrete: it shows how emotions live in the body, how mindfulness helps us notice and enjoy life, and how positive emotions grow stronger when we slow down — all essential for building resilience.</p>
Introduction (Before Reading) - 5 mins
<p>State: Hi friends! Today we're going to read <i>Mindful Mr. Sloth</i> by Katy Hudson. This story is about Sasha, who likes to move fast, and Mr. Sloth, who likes to move slow.</p> <p>As we read, I want you to notice:</p> <ul style="list-style-type: none">  How Sasha and Mr. Sloth feel when they are rushing  What Mr. Sloth teaches Sasha to do  And how slowing down and noticing things helps them feel good inside.
Book Read (During Reading) - 10 mins
<p>As you read the story, pause at key pages with these prompts:</p> <p>After reading “Sasha thought it best that he do a different job,” stop and ask: Let’s look at the pictures of Sasha and Mr. Sloth playing together. Does it look like they’re having fun? Mr. Sloth looks a little worried or unsure and Sasha looks unhappy. It doesn’t look like rushing feels good in their bodies.</p>

I know that when I rush, I can sometimes feel my heart beat fast, my tummy gets a little whooshy, sometimes I start breathing quickly...

After reading, "Grab a helmet, Mr. Sloth! It's time for the neighborhood race," say:

Whew! Mr. Sloth definitely doesn't look like he's having fun. I bet his tummy is feeling very whooshy now!

After reading, "all was still," say:

Oh wow! Look at Mr. Sloth holding a butterfly! Remember in the beginning of the book, Sasha waved a butterfly net but moved on too quickly?

Mr. Sloth and Sasha had to keep their bodies calm and peaceful to allow the butterfly to land. Look at Sasha smiling now.

Discussion (After Reading) - 5 mins

State:

One of my favorite parts of the book was when Mr. Sloth and Sasha would read together... The book tells us that "Sasha got to enjoy every part of the story more than she ever had before. She even had time to look at the pictures."

...Sasha learned that by slowing down and noticing things, she can enjoy the moment more. This is called being mindful.

Being mindful of the things around us can help us feel calm and peaceful - even when things are moving really fast around us.

Mr. Sloth taught Sasha how to stop and notice by:

- Hearing the birds sing
- Smelling the flowers
- Feeling the breeze
- Seeing the butterfly

We can use our senses to notice the world around us.

Closing Message - 5 mins

Let's try a "Sloth Pause."

Sit tall and take three slow breaths. Try to notice something with each of your five senses -

- What can you hear?

- What can you see?
- What can you feel?
- What can you smell?
- What can you taste? ... maybe nothing now but notice the way your next snack or meal tastes
 - practice being mindful like Mr. Sloth.

Extension Activity - 20 mins

Mindful Moments Flower

Goal: Students practice mindfulness by noting what they can observe using their five senses

Materials

- Mindful flower [template](#)
- Stickers that correspond to the 5 senses (i.e. food stickers, flower stickers, etc)

Directions

Step 1 — Brainstorm Five Senses

- Lead a discussion about the different things we can notice using our 5 senses - consider making a chart/list with each sense and adding examples provided by students

Step 2 — Name Your Flower

- At the top of the flower template have students write their name.

Step 3 — Add Noticings

- Students add stickers to their flower based on the corresponding sense (i.e. food sticker to the taste petal, flowers to the smell petal, etc.).

Step 4 — Reflect

- Guide students in reading the sentence at the bottom of their paper:
 - I can use my senses to notice the world around me.
- Students share one flower from their garden with the class or in small groups.

Teacher Tip

Connect back to skills by saying:

- Being mindful of the things around us can help us feel calm and peaceful - even when things are moving really fast around us. We can use our senses to notice the world around us.

[Printable Takeaway Poster](#)