

# Slow it Down, Stan

Source: Tracy Turner-Bumberry, 2,4,6,8 *This is How We Regulate*

**Theme:** Coping and/or Anger Management

**Recommended Ages:** Three and Up

**Modality:** Individual, Group, Family

**Setting:** In-Person and Online

## Goals

- Increase overall emotion regulation by practicing slow movements in the body
- Increase mindfulness in the body by determining fast vs. slow movements

## Materials

- Paper
- Pen
- Scissors

## Advance Preparation

Cut paper into six strips then write on each strip a common action, for example, walking, hula hooping, throwing a ball, waving, touching toes, high-fiving.

## Description

Explain that the purpose of the activity is to move bodies slowly. Invite the client to choose one strip of paper and read aloud the action. Both practitioner and client must do the action, moving as slowly as possible. Practitioner and client face one another, then count down from three to one, and then both complete the movement at the same time. Model slow moving since this may be a difficult concept for some clients.

In a group setting, members can compete against one another (the person who moves the slowest is the winner).

## Discussion

This activity is an excellent way for clients to begin noticing and experiencing slow movements in their bodies. Moving slowly helps with mindfulness and overall emotion regulation. This activity needs a lot of repetition and practice both in the therapy room and at home.

A key to this intervention is for the practitioner to monitor their own movements, to help model slow moving to the client.

Possible process questions include:

1. Was this activity easy, difficult, or somewhere in between?
2. How did it feel to slow your movements down? Describe that to me.
3. Can you think of places where you may be getting into trouble or missing out on things because you are moving too quickly? Tell me about them.
4. How can practicing 'Slow it Down Stan' help you at home/school?

## **Reference**

Turner-Bumberry, T. (2019). 2,4,6,8, *This is how we regulate: 75 play therapy activities to increase mindfulness in children*. Eau Claire, WI: PESI Publishing and Media.

## **About the Author**

Tracy Turner-Bumberry, LPC, RPT-S, CAS, is the owner of Seva Counseling, LLC in Milledgeville, Georgia. She works with children and adolescents with dysregulation issues, often incorporating her certified therapy dog, Carly into Play Therapy sessions. Tracy is a national speaker on Play Therapy and is a published author.

© Tracy Turner-Bumberry, all rights reserved