“Slow down” said the Sloth

A children’s picture book by Hayley Mitchell

Word count 377

The rainforest animals get frantic when a monster on the loose means everyone has to stay at home. Maybe that should take a lesson from Seb the Sloth who makes time to enjoy every moment.

“A monster, a monster!” the parrot cried.

“Run and hide, please stay inside.”

“He's really big and terribly scary.

He's got sharp teeth and his bottom’s hairy.

When he growls it's a terrible a roar like a cough and a sneeze and a deafening snore.”

The jaguar prowled, “but I need to go hunting,”

But the sloth stayed inside and made rainbow bunting.

Anteater grumbled, “but I need to find ants,”

But the sloth did some star jumps wearing stripy blue pants

Then the crocodile snapped, “but I can't stay in bed. I've got places to go and people to ...meet.”

But the sloth just sat with a towel on his head, wearing a face mask and soaking his feet.

The dart frog jumped, going hopping mad, “this is too boring, it's making me sad,”

But the sloth ate his dinner and sat with his wife and smiled at his kids saying, “ain't this the life?”

“We've got time to play checkers and time to make bread,

And every morning we get longer in bed.

It's fun to be in when we're all here together,

Especially when it's such glorious weather”

Then the harpy eagle screeched getting all in a flap,

But the sloth stayed in and taught himself to tap.

The tapir snorted and started to wallow, “I wanted to go for a swim tomorrow,”

But the sloth didn't worry he didn't feel down. He ate choccie biccies in his dressing gown.

And though they were stuck and they couldn't go out,

Not once did the sloth grumble or shout.

Because he knew that sometimes it's good to slow down,

Take a moment to breath, turn that frown upside down.

And at last when the monster was finally caught

It was just gorilla with a bad case of warts.

They all had a party, the jungle was busy

And each animal that had got in a tizzy?

Well they went back to normal they got so much done.

They had stuff to do, no time now for fun.

But sloth just relaxed and took his sweet time,

Because he knew that everything would be just fine.

“Slow down” said the sloth, make more time for fun,

“because each day a new chance to smile has begun.”