

SELF-MANAGEMENT

# Rushed

*“Hurry, hurry, hurry.”*

In the book: Chapter 14 · Moving Slow with Wisdom

**WHAT IS UNDERNEATH — AN IFS VIEW**

Often a borrowed part — the household’s pace living inside the child. It hurries so that nobody gets annoyed with them.

**TRY THIS, RIGHT NOW**

Walk to the door as slowly as an elephant.

**FOR THE CHILD**

Walk to the door as slowly as an elephant. Count your steps.

**FOR A PARENT**

Slow your own hands and voice before you ask them to slow down. Children match rhythm, not instructions.

**FOR AN EDUCATOR**

Reward finishing well over finishing first. Speed praise creates rushed children.

**DRAW OR WRITE — WHEN DID YOU FEEL THIS?**

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.