

There are many colourful phrases used to express how **slowly** something happens or is done. Try out some of those listed below to add variety to your speech or writing.

**slowly**

at a crawl  
at a snail's pace

at crawling pace  
be a slowcoach

**slow down**

put the brakes on  
wind down

throttle back

**telling someone to slow down**

hold your horses!  
take it easy!

not so fast!