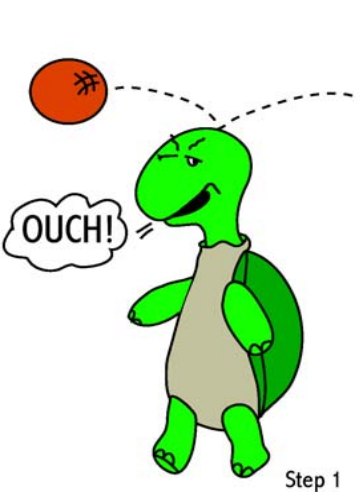
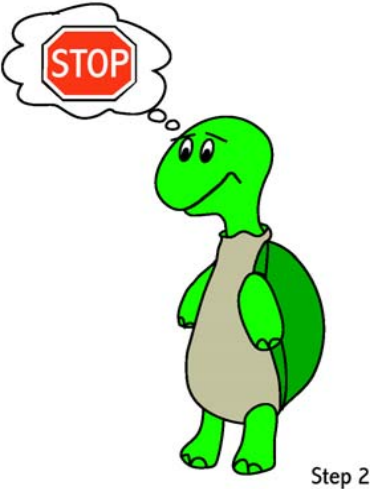


Turtle Technique

Recognize that you feel angry.



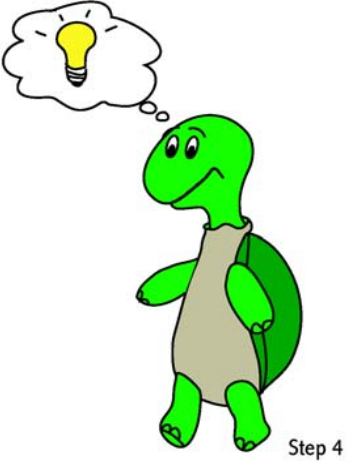
**“Think”
Stop.**

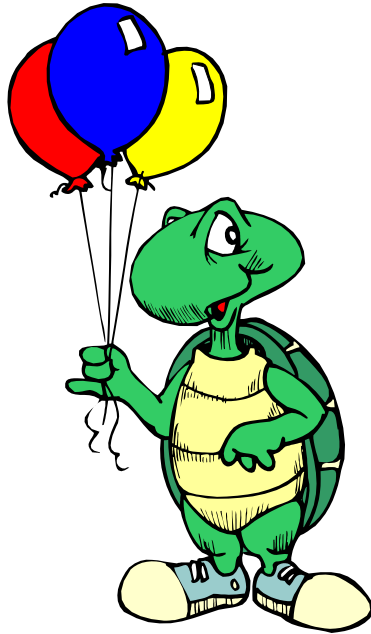


**Go into shell.
Take 3
deep
breathes.
And think
calm,
coping
thoughts.**



**Come out of
shell when
calm and
think of a
solution.**





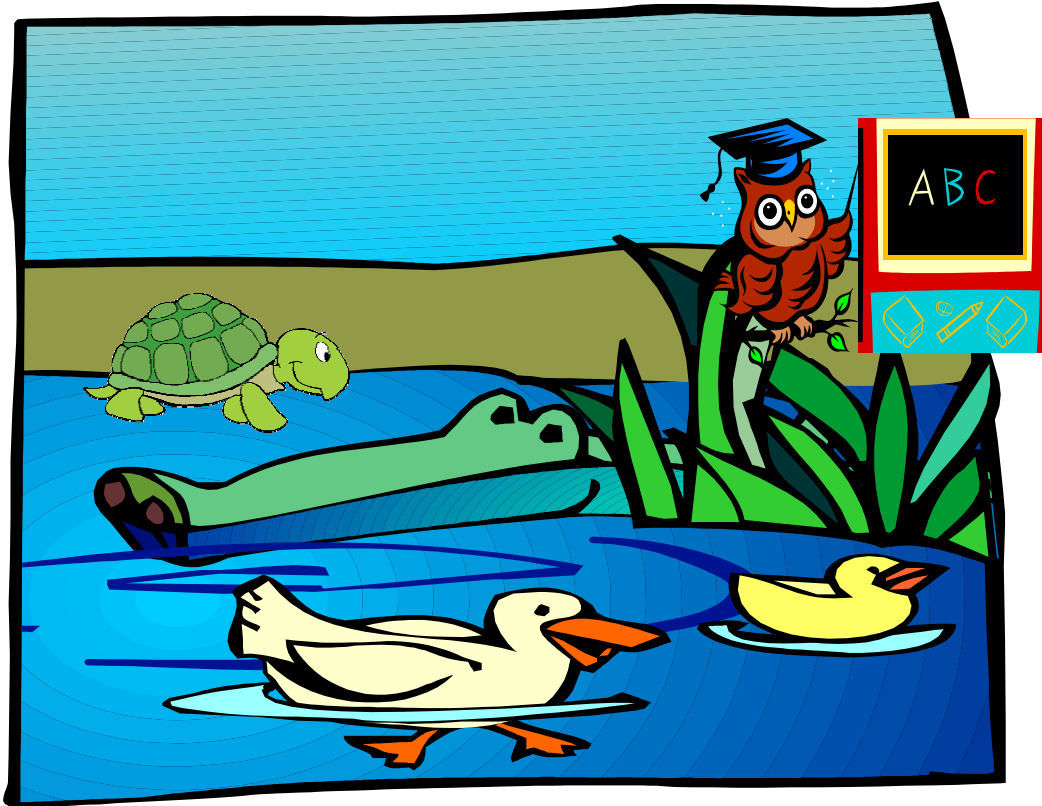
Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with teaching the
“Turtle Technique”

By Rochelle Lentini

March 2005

Tucker Turtle is a terrific turtle. He likes to play with his friends at Wet Lake School.



**Center on the Social
and Emotional Foundations
for Early Learning**



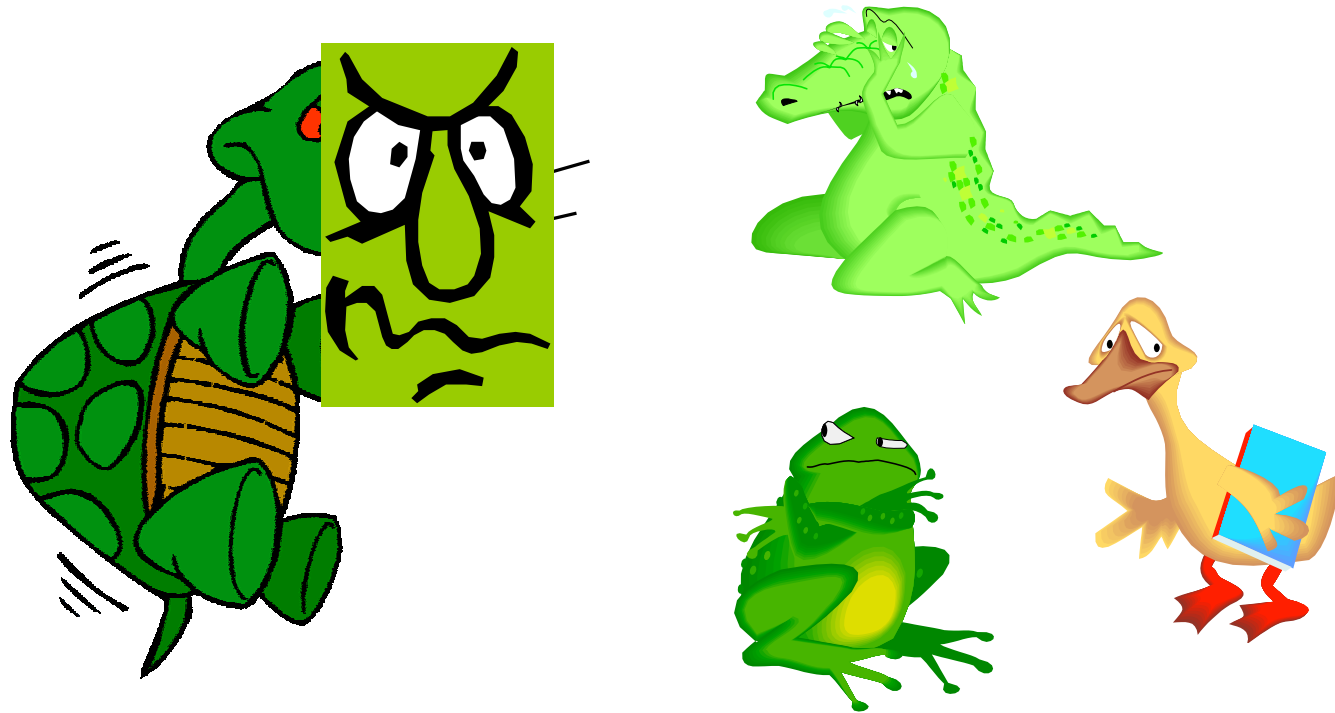
But sometimes things happen that can make Tucker really mad.



**Center on the Social
and Emotional Foundations
for Early Learning**



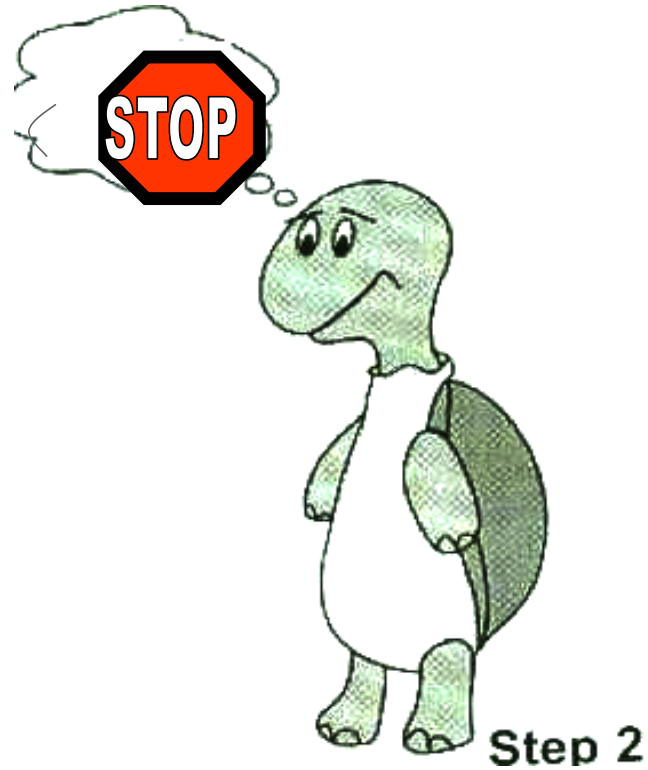
When Tucker got mad, he used to hit, kick, or yell at his friends. His friends would get mad or upset when he hit, kicked, or yelled at them.



Tucker now knows a new way to “think like a turtle” when he gets mad.



He can **stop** and keep his hands, body, and yelling to himself!



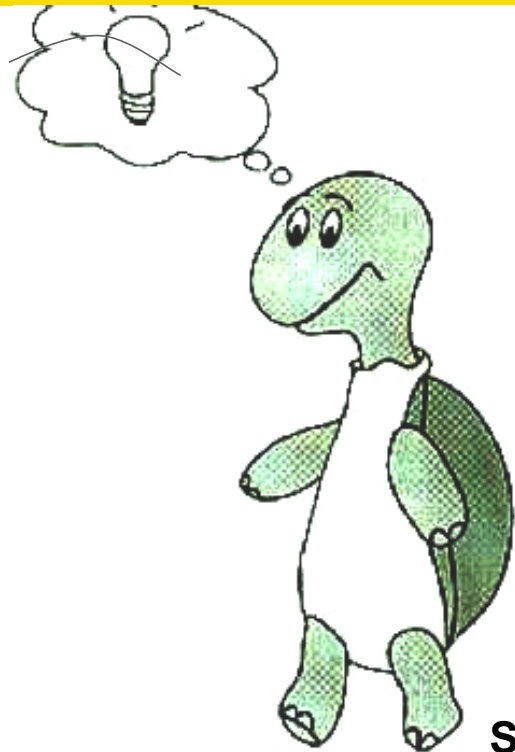
He can **tuck** inside his shell and take **3 deep breaths** to calm down.



Step 3



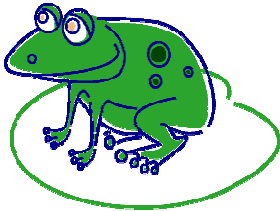
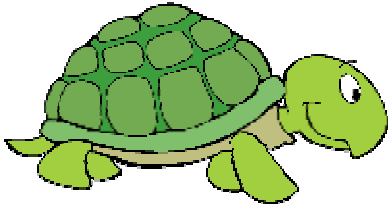
Tucker can then **think of a solution** or a way to make it better.



Step 4



Tucker's friends are happy when he plays nicely and keeps his body to himself. Friends also like it when Tucker uses nice words or has a teacher help him when he is upset.



The End!



