

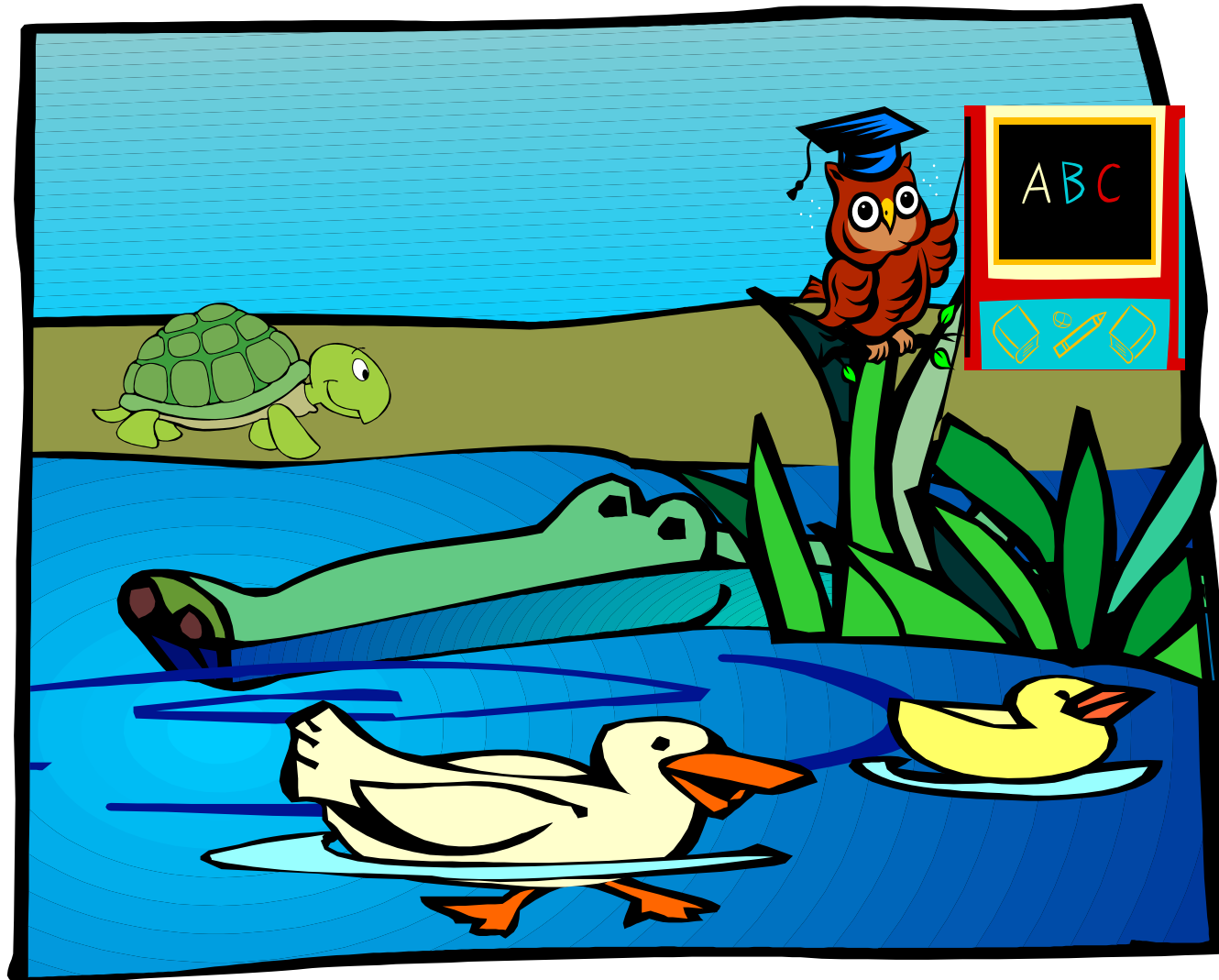
Tucker Turtle Takes Time to Tuck and Think

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

By Rochelle Lentini

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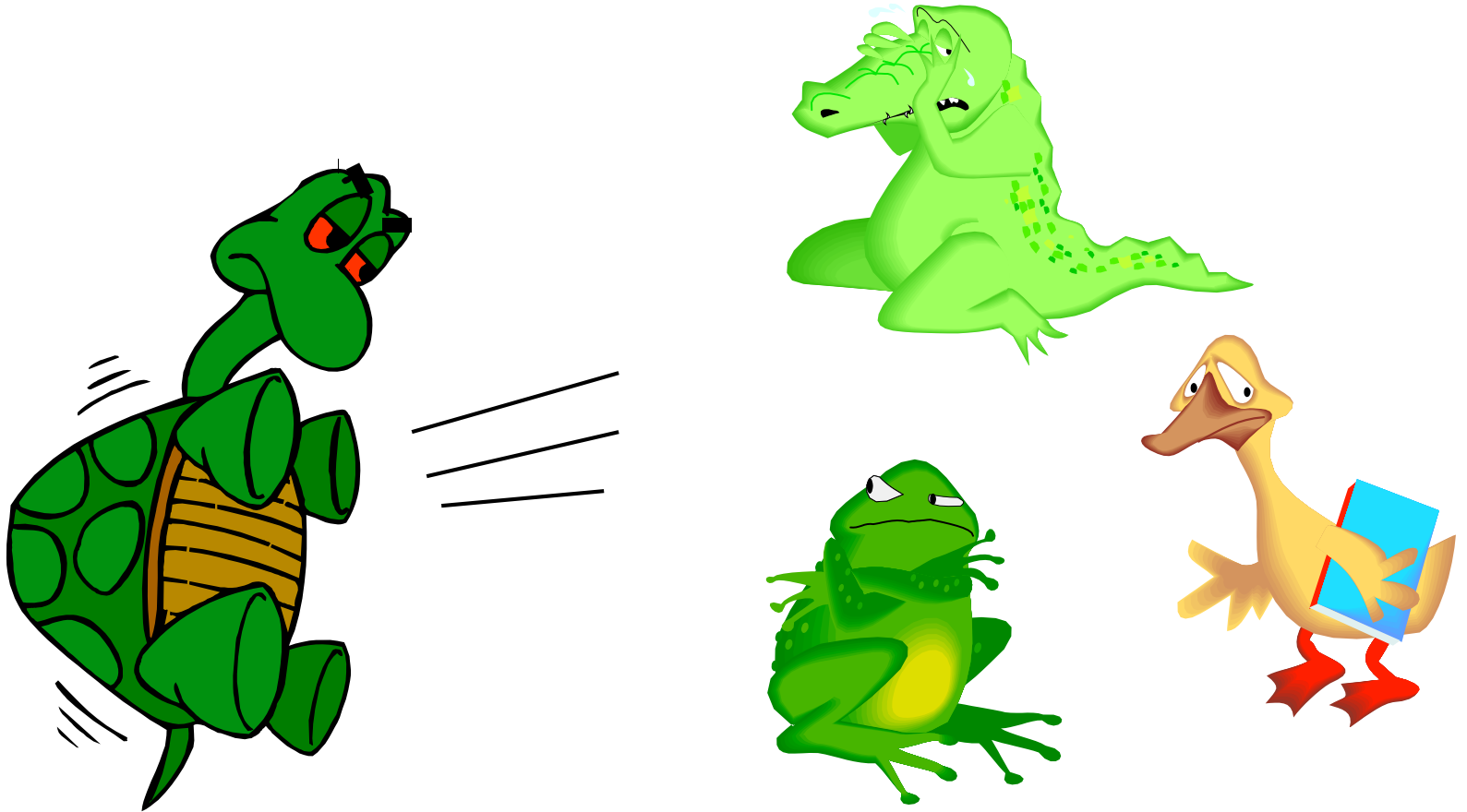
Tucker Turtle is a terrific turtle. He likes to play with his friends at Wet Lake School.



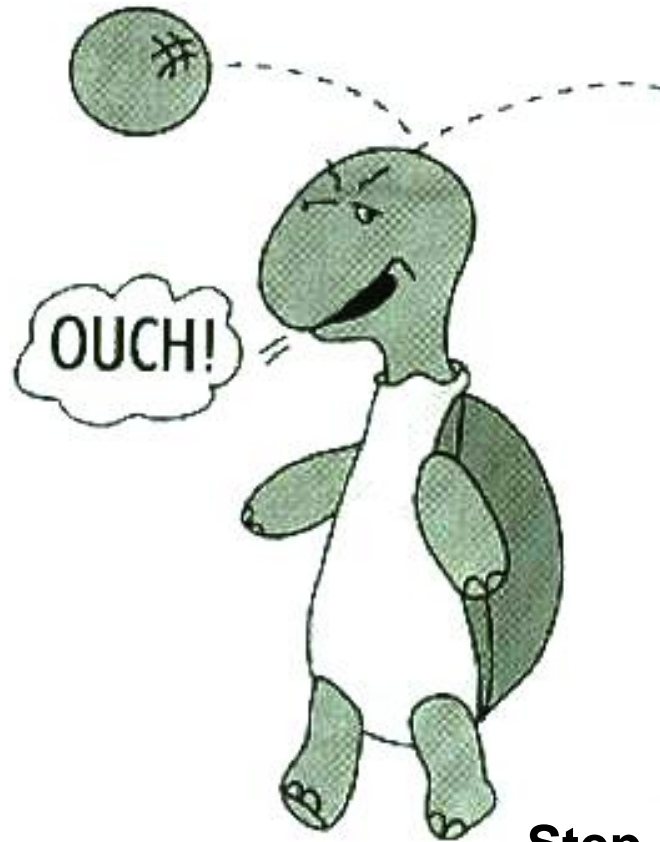
But sometimes things happen that can make Tucker really mad.



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.

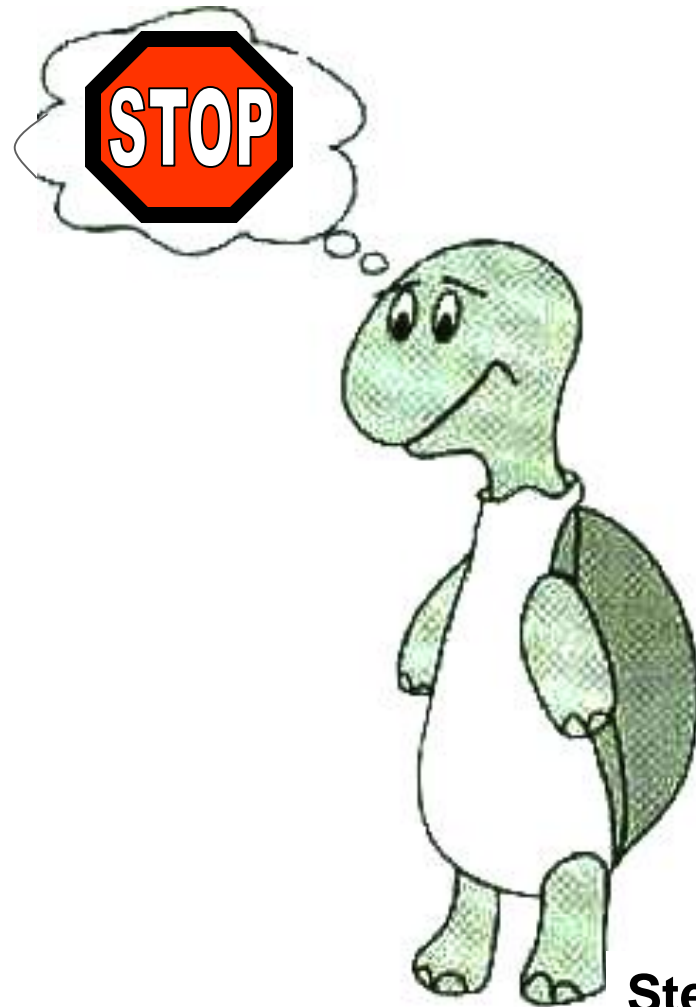


Tucker now knows a new way to “think like a turtle”
when he gets mad.



Step 1

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



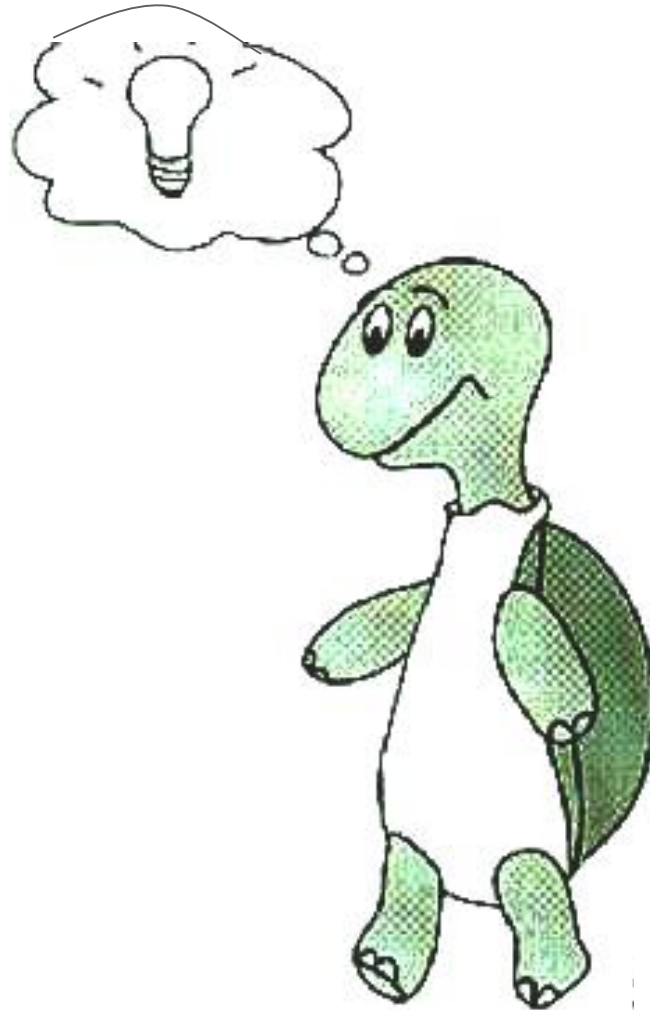
Step 2

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



Step 3

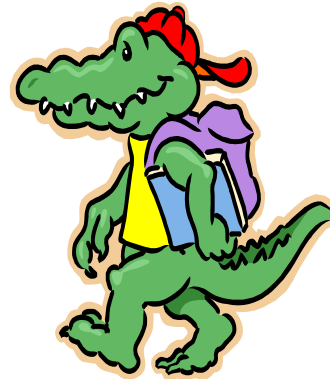
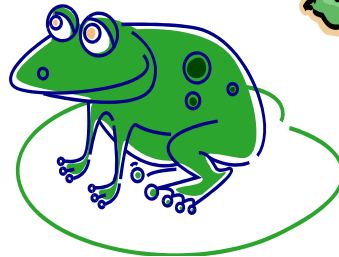
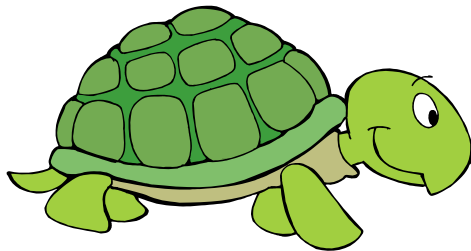
Tucker can then **think of a solution** or a way to make it better.



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.

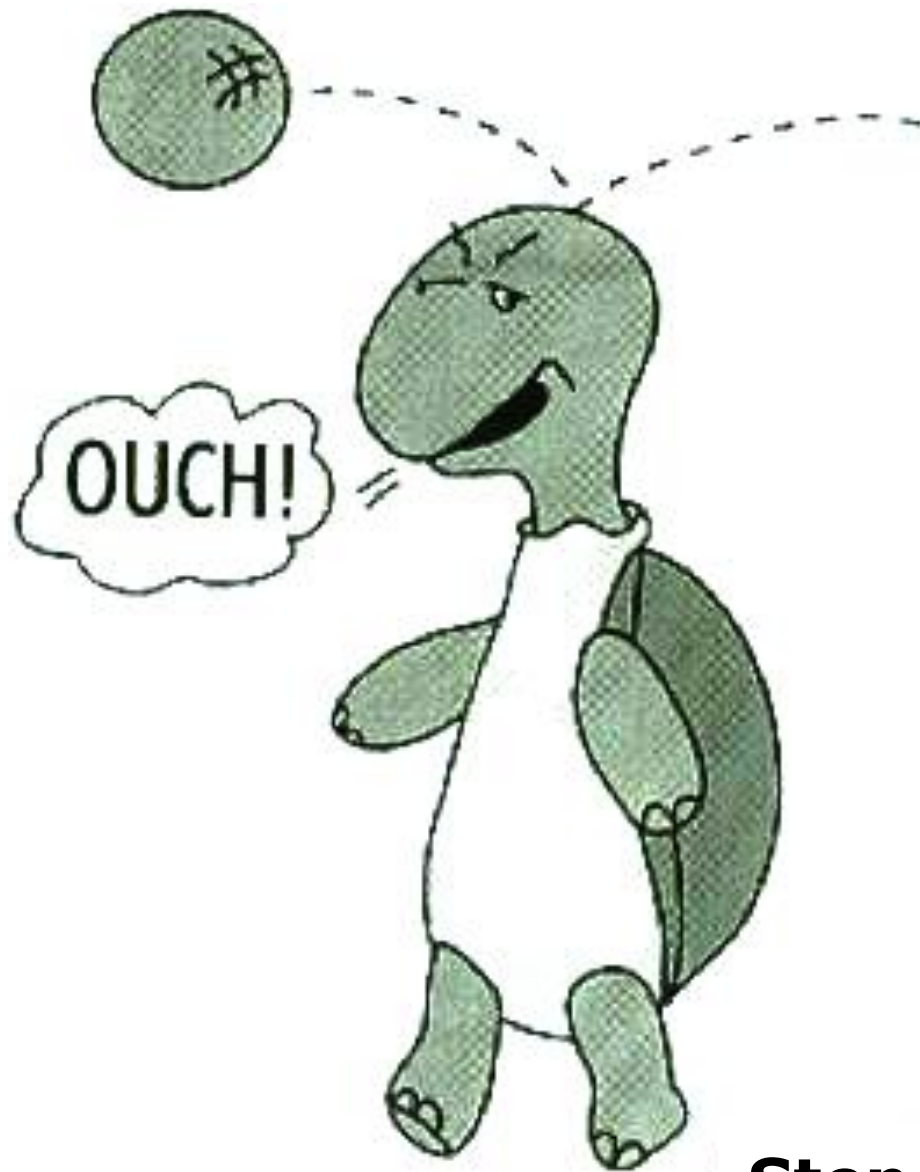


The End!

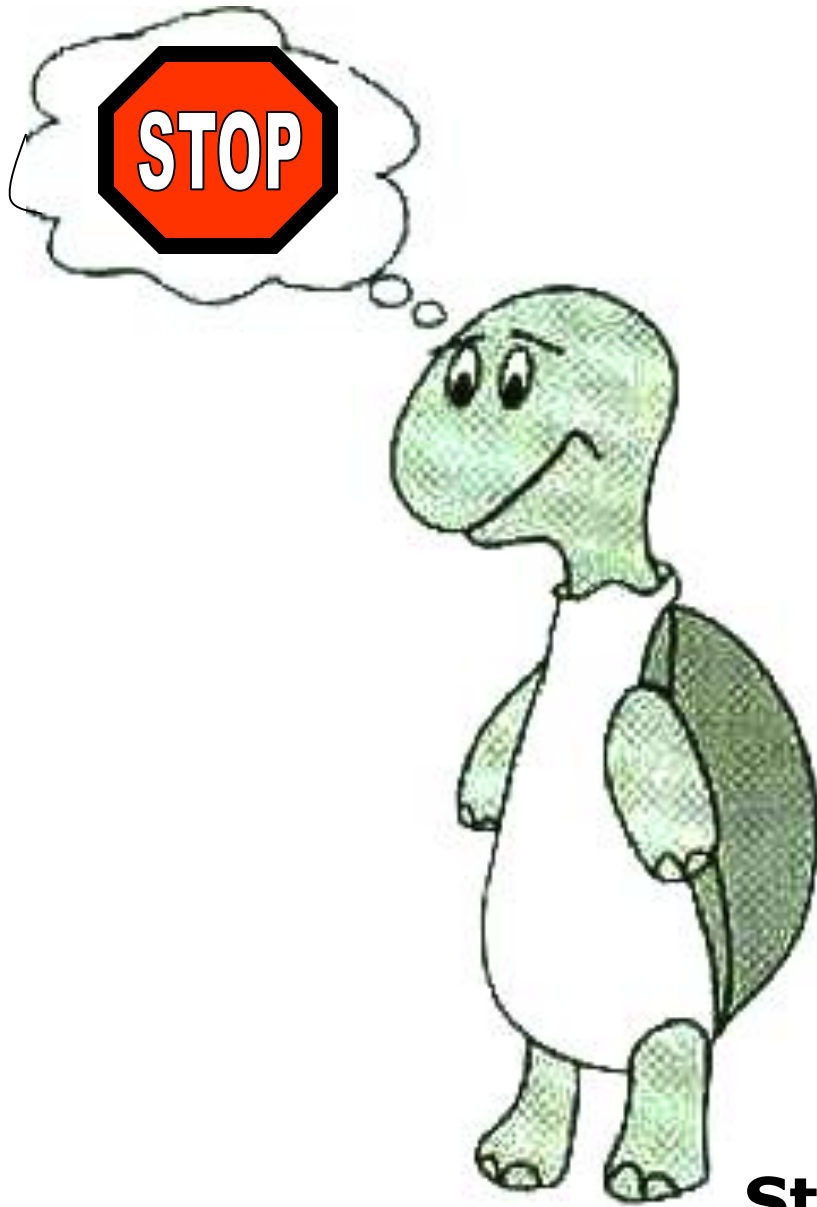


Teacher Tips on the Turtle Technique

- Model remaining calm
- Teach the child the steps of how to control feelings and calm down (“think like a turtle”)
 - Step 1: Recognize your feeling(s)
 - Step 2: Think “stop”
 - Step 3: Tuck inside your “shell” and take 3 deep breaths
 - Step 4: Come out when calm and think of a “solution”
- Practice steps frequently (see cue cards on next 4 pages)
- Prepare for and help the child handle possible disappointment or change and “to think of a solution” (see list on last page)
- Recognize and comment when the child stays calm
- Involve families: teach the “Turtle Technique”



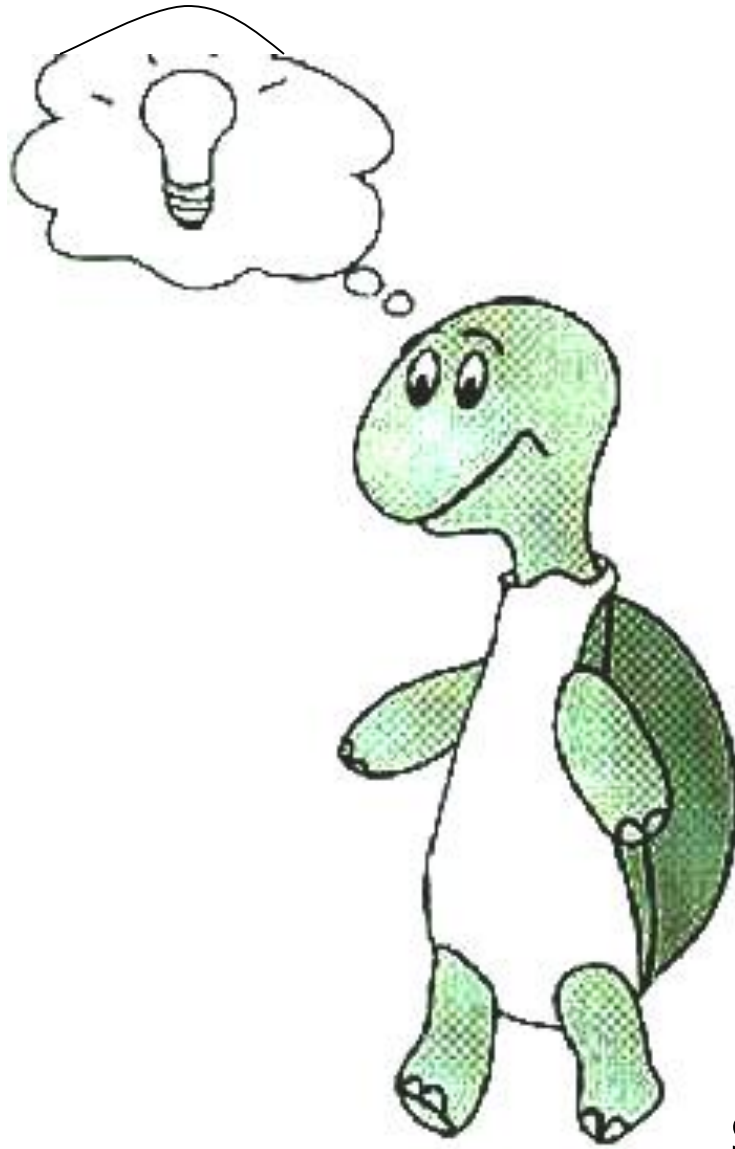
Step 1



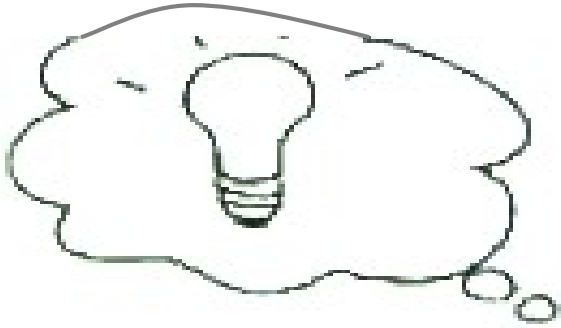
Step 2



Step 3



Step 4



Help the Child Think of a Possible Solution:

- Get a teacher
- Ask nicely
- Ignore
- Play
- Say, "Please stop."
- Say, "Please."
- Share
- Trade a toy/item
- Wait and take turns
- Etc.

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