

## Slide 1

### Sonia Snail Takes Time to Tuck and Think

- Adapted 2012 by WestEd Teaching Pyramid from a scripted story to assist with teaching the “Snail Technique”
- Original By Rochelle Lentini March 2005
- Artwork by Alejandro Castillon, 2011 WestEd

## Slide 2

- Sonia Snail is a terrific snail. She likes to play with her friends at Wet Lake School.

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- But sometimes things happen that can make Sonia really mad.

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- When Sonia got mad, she used to hit, kick, or yell at her friends. Her friends would get mad or upset when she hit, kicked, or yelled at them.

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### Step 1

- Sonia now knows a new way to “think like a snail” when something happens to make him mad.

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### Step 2

- She can stop and keep her hands, body, and yelling to herself. she can think, “What am I feeling?” If she is angry, she can stomp her feet and say “I’m mad!”

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### Step 3

- She can tuck inside her shell and take 3 deep breaths to calm down.

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### Step 4

- Sonia can come out of her shell, express her feelings, then think of a solution or a way to make it better.

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- Sonia is happy when she plays with her friends and keeps her hands and body to herself. Friends also like it when Sonia stops and “thinks like a snail” when she gets mad.
- If she forgets what to do, her teacher can help her when she is upset. Sonia has fun with her friends at Wet Lake School.

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- The End!

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### Step 1

- Something Happens

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### Step 2

- Stop.
- Think: What am I feeling?

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### Step 3

- Go into your shell.
- Take 3 deep breaths and think calm thoughts.

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### Step 4

- Come out of shell, express your feelings and think of a solution.

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### Snail Technique (CA CSEFEL)

- Step 1: Something Happens
- Step 2: Stop. Think: What am I feeling?
- Step 3: Go into your shell. Take 3 deep breaths and think calm thoughts.
- Step 4: Come out of shell, express your feelings and think of a solution.

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### Teacher Tips on the Snail Technique

- Model remaining calm
- Teach the child the steps of how to manage feelings and calm down (“think like a snail”)
  - Step 1: Recognize that something happened.
  - Step 2: Stop. Think: what are you feeling? Acknowledge your feeling and maybe do something physical to let that feeling out.
  - Step 3: Tuck inside your “shell” and take 3 belly breaths to help you become calm.
  - Step 4: Come out, express your feelings, and think of a solution.
- Practice steps frequently (see cue cards outlining each step)
- Prepare for and help the child handle strong emotions and to think of a solution (see “What Can the Child Do?” list)
- Give encouragement and acknowledgement as children make efforts to do the steps
- Involve families – teach the “Snail Technique”

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### What Can the Child Do?

#### Help the Child Think of a Possible Solution:

(These are from the Solution Kit)

- Get a teacher
- Ask in a friendly way
- Ignore
- Play
- Say, “Please stop.”
- Say, “Please.”
- Share
- Trade a toy/item
- Wait and take turns
- Set a Timer

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### Super Snail Letter

Dear Parent,

Billy was successful today with handling frustration and anger when we ran out of her favorite cracker at snack. When she felt himself getting upset, she stopped, took three deep breaths and decided she would try one of the other crackers. That was a great solution and she really liked the new cracker, too!

You can help Billy at home by asking him what she did at school today when we ran out of her favorite cracker. Ask him how she calmed down. Comment on what a good problem solver she is. Tell him that you hope that she will do that again when she gets frustrated about something.

Thank you so much!

Ms. Laura