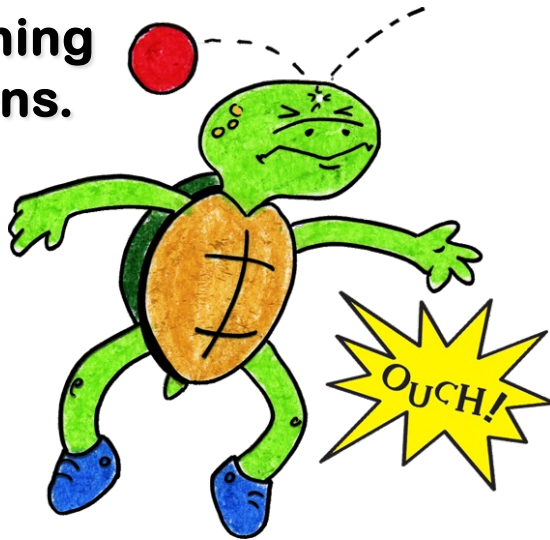


Turtle Technique

Something happens.



Step 1



**Stop.
Think:
What Am I
Feeling?**

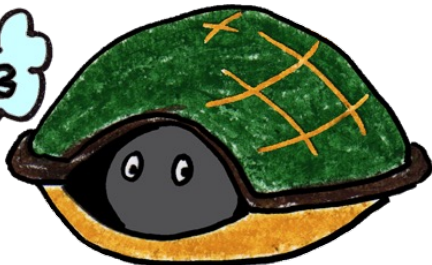
Step 2

1

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

2

3

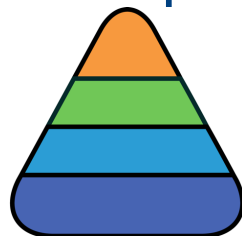


Step 3



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

Step 4



teachingpyramid

Teacher Tips on the Turtle Technique

- Model remaining calm.
- Teach the child the steps of how to manage feelings and calm down (“think like a turtle”).
 - 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.

