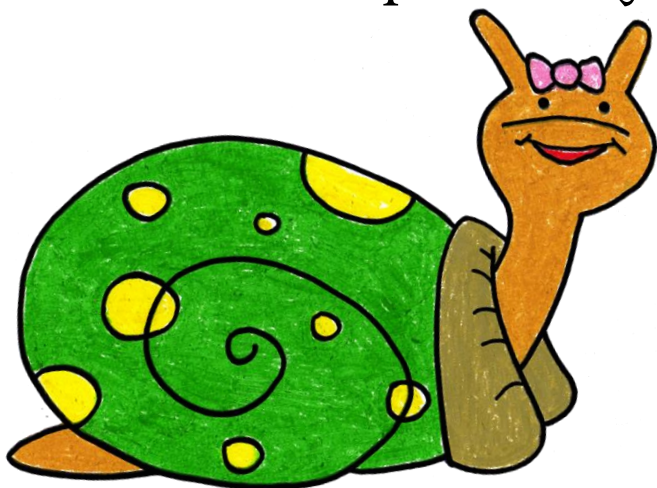




teachingpyramid

Sonia Snail Takes Time to Tuck and Think at Home

Adapted 2020 by WestEd Teaching Pyramid
from a scripted story to assist with teaching the “Turtle
Technique”



Original By Rochelle Lentini March 2005

Artwork by Alejandro Castillon, 2011 WestEd

Sonia Snail is a terrific snail. She lives with her family near a small pond.

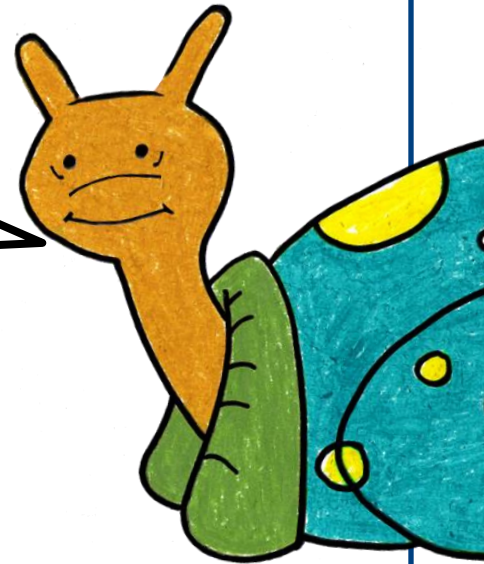


Sometimes, things happen that can make Sonia really mad.

You can't play with us.



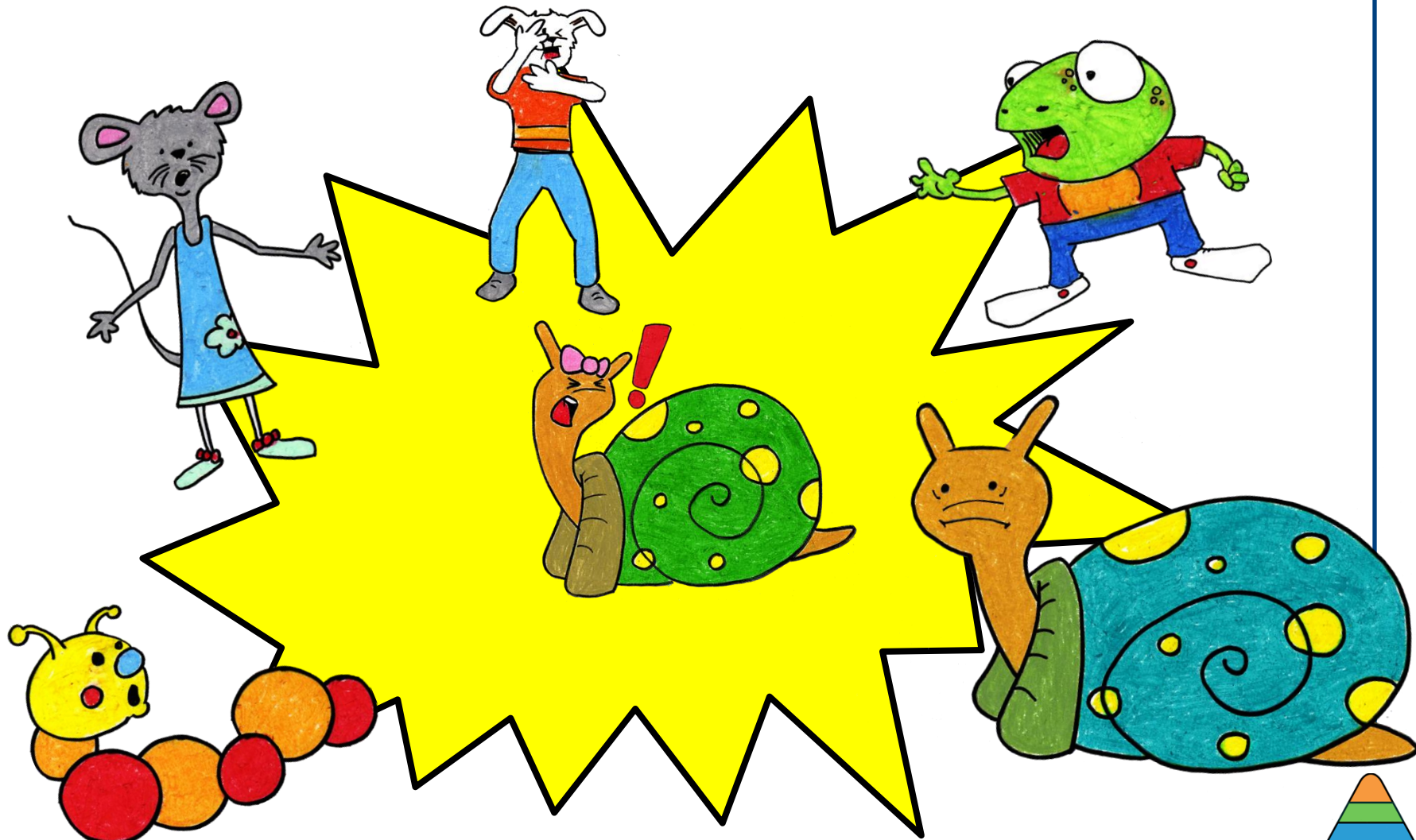
It's time to stop playing and get ready for dinner.



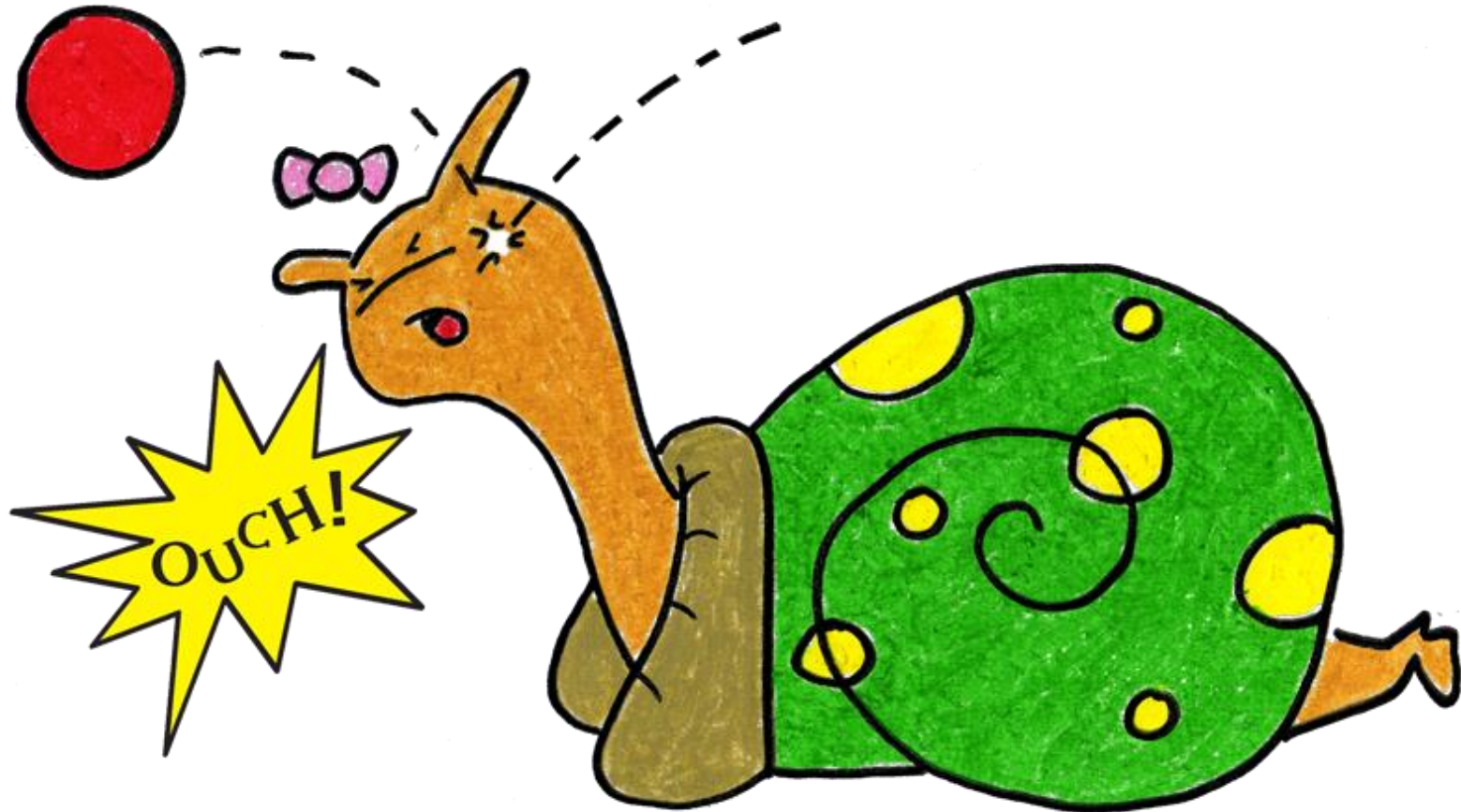
That makes me MAD!



It used to be that when Sonia got mad, she would hit, kick, or yell at her family and friends. Her family and friends would get sad and scared.

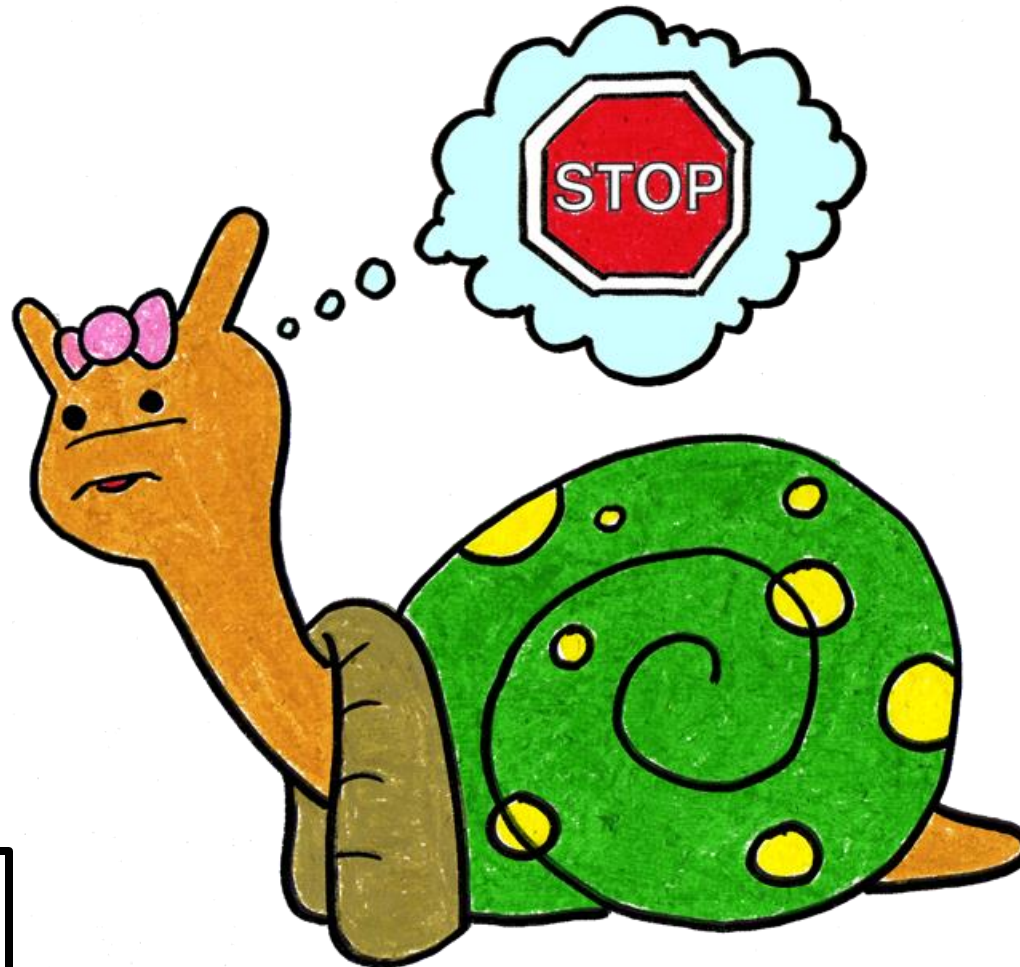


**Sonia now knows a new way to “think like a snail”
when something happens to make her mad.**



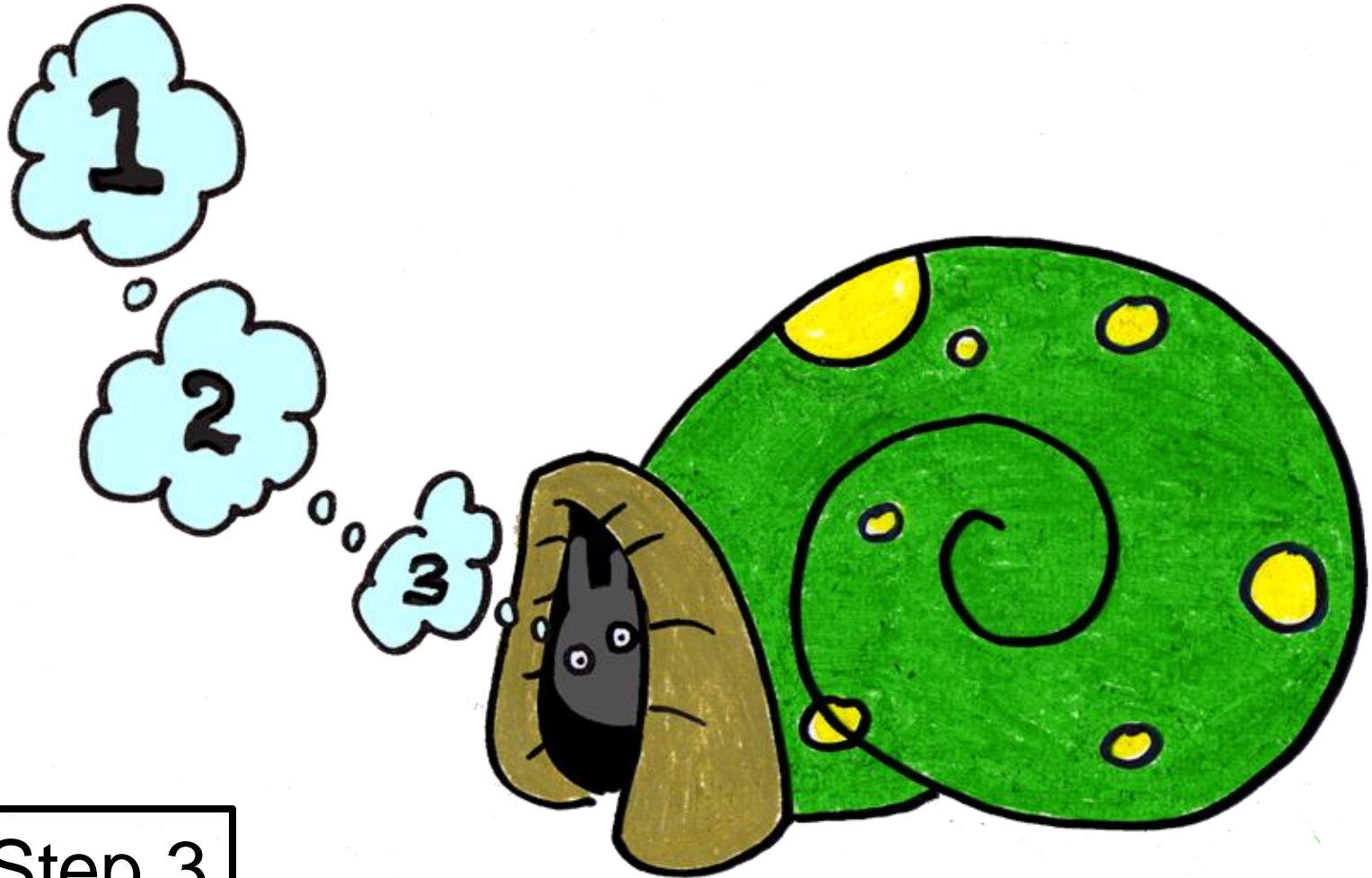
Step 1

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!”



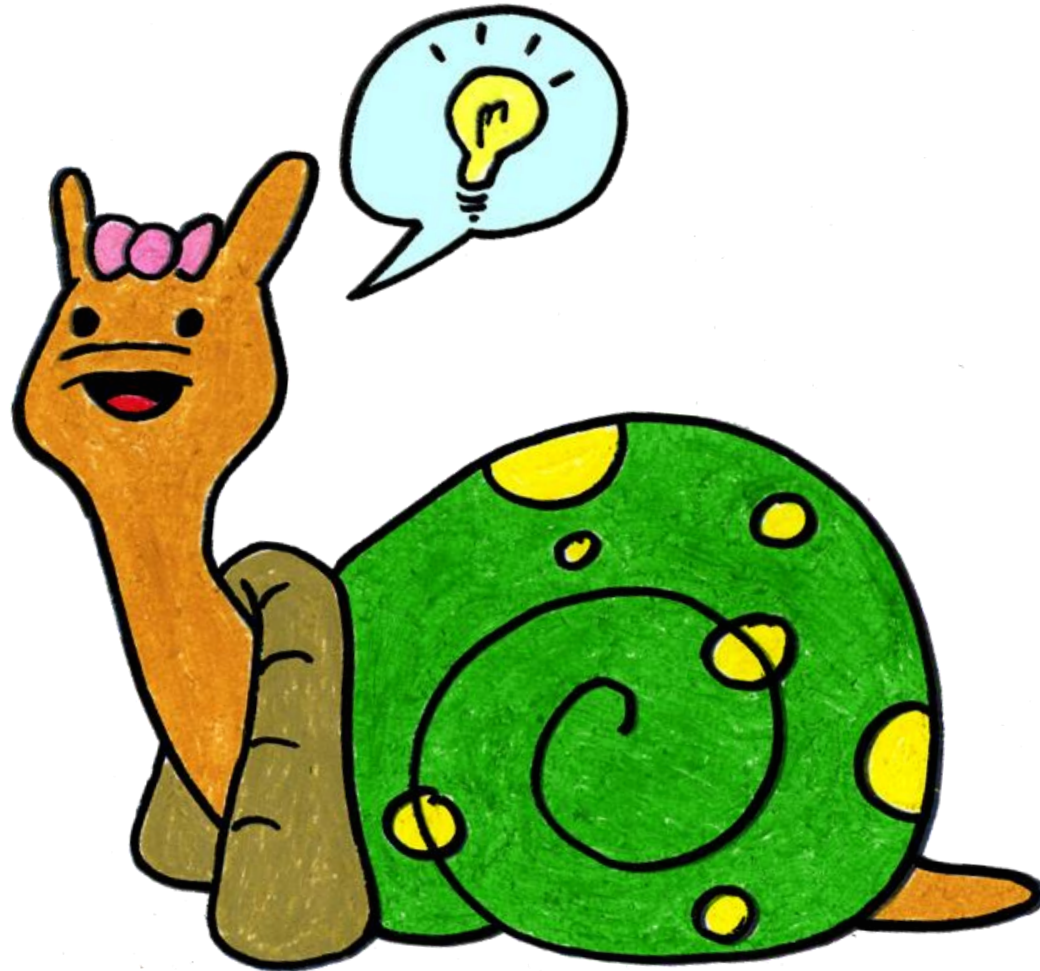
Step 2

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



Step 3

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



Step 4

When Sonia stops and thinks, her body is calm and feels better. When she uses gentle touches and kind words with her family and friends, they feel happy and safe.

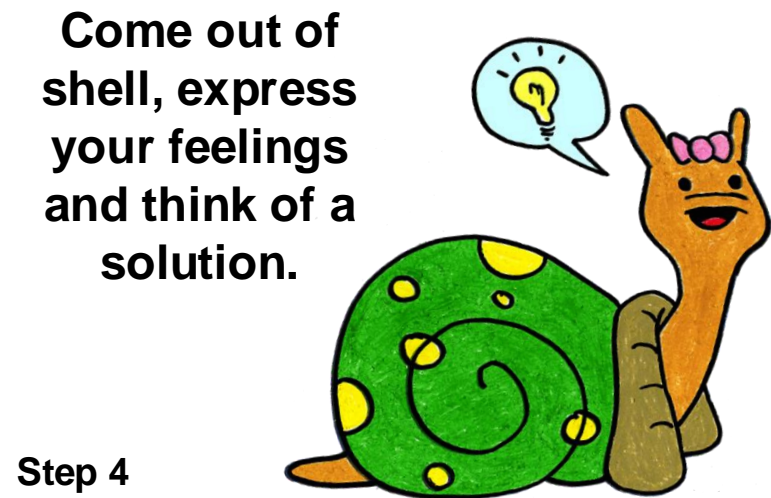
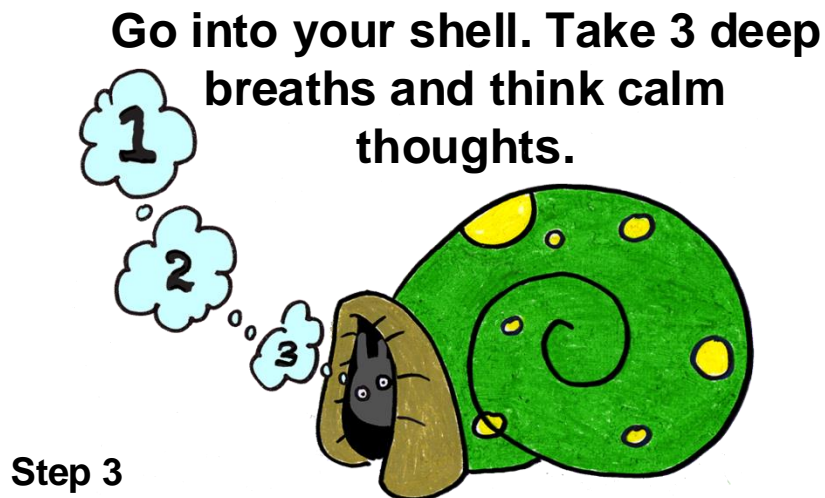
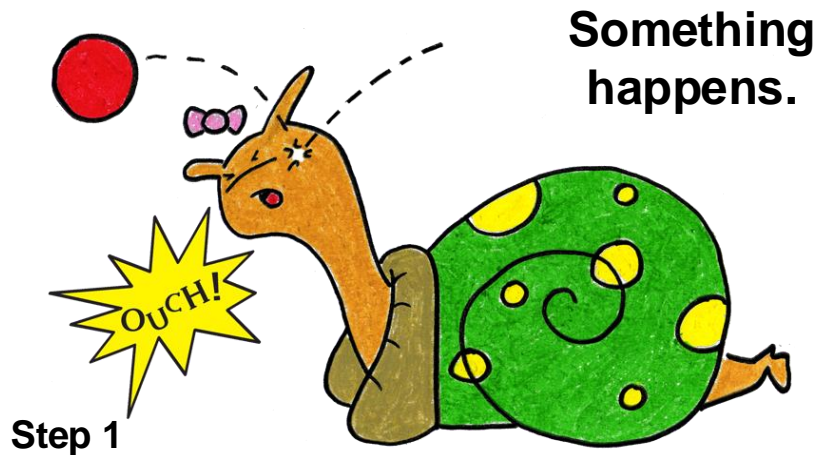


Sonia's family practices stopping and thinking together using Sonia's new way to calm down.

**You can do it
too! You can try
your best.
Goodbye!**



Tucking Technique (CA CSEFEL)



Family Tips on the Tuckinhg 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
- Families – teach the “Snail Technique”

What Can The Child Do?



Help the Child Think of a Possible Solution:
(These are from the Solution Kit)

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