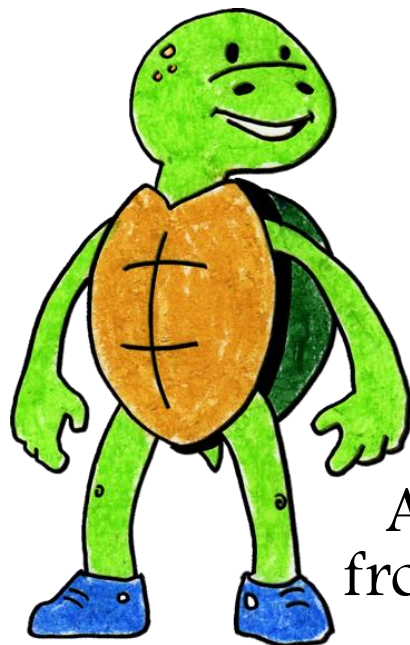




# teachingpyramid



## Tucker Turtle 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

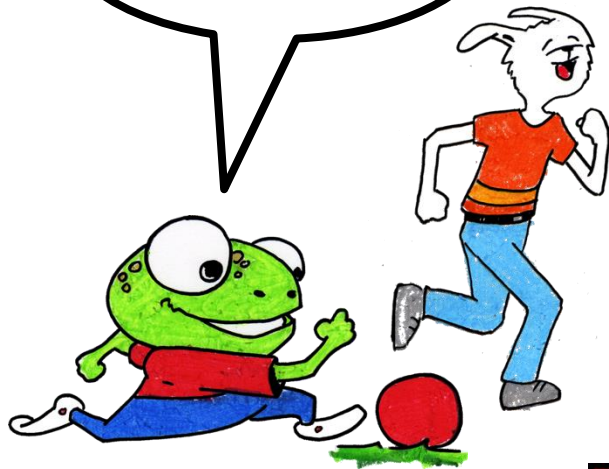
Artwork by Alejandro Castillon, 2011 WestEd

**Tucker Turtle is a terrific turtle. He lives with his family  
in a small pond.**



# Sometimes, things happen that can make Tucker really mad.

You can't play with us.



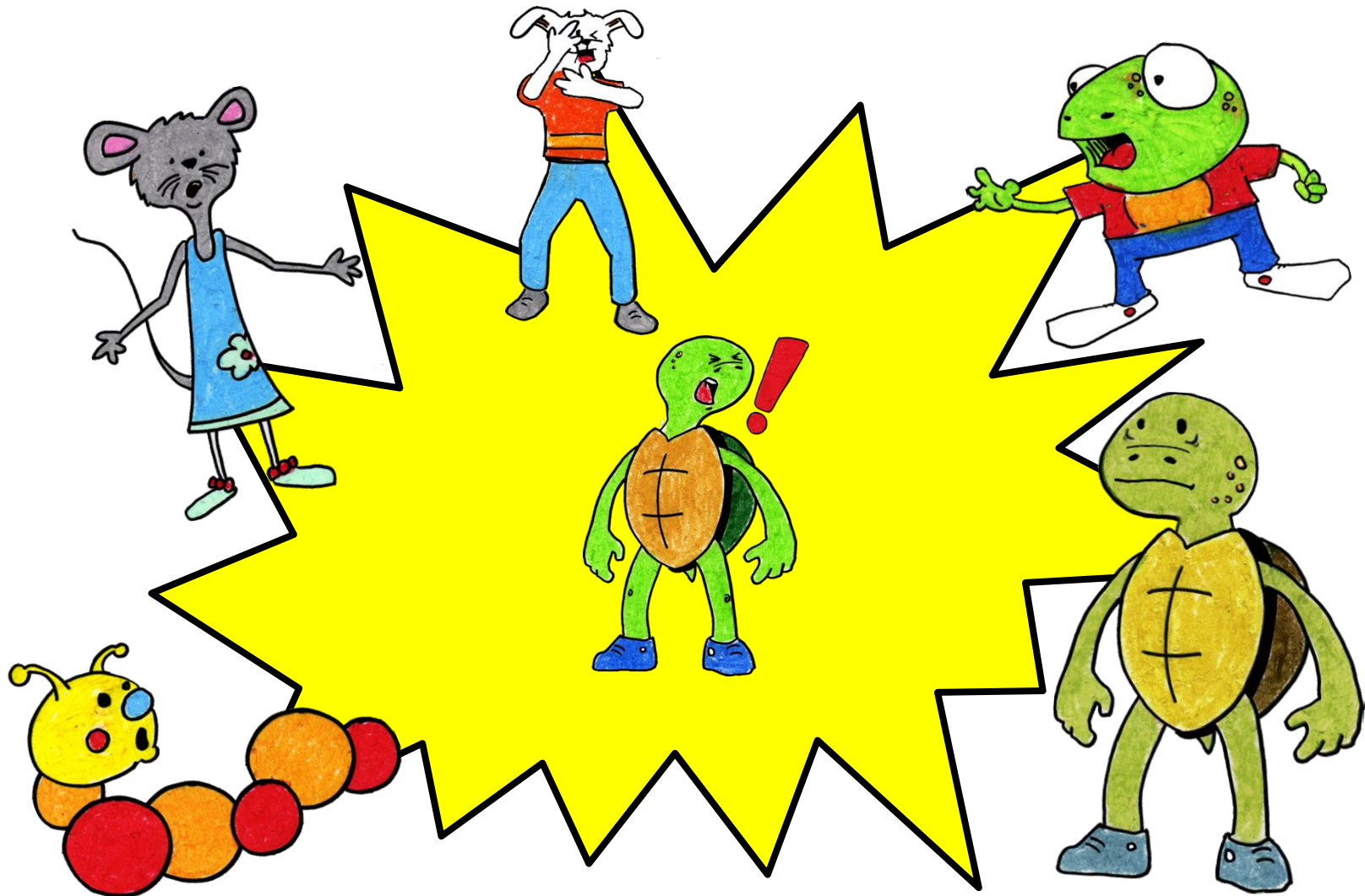
It's time to stop playing and get ready for dinner.



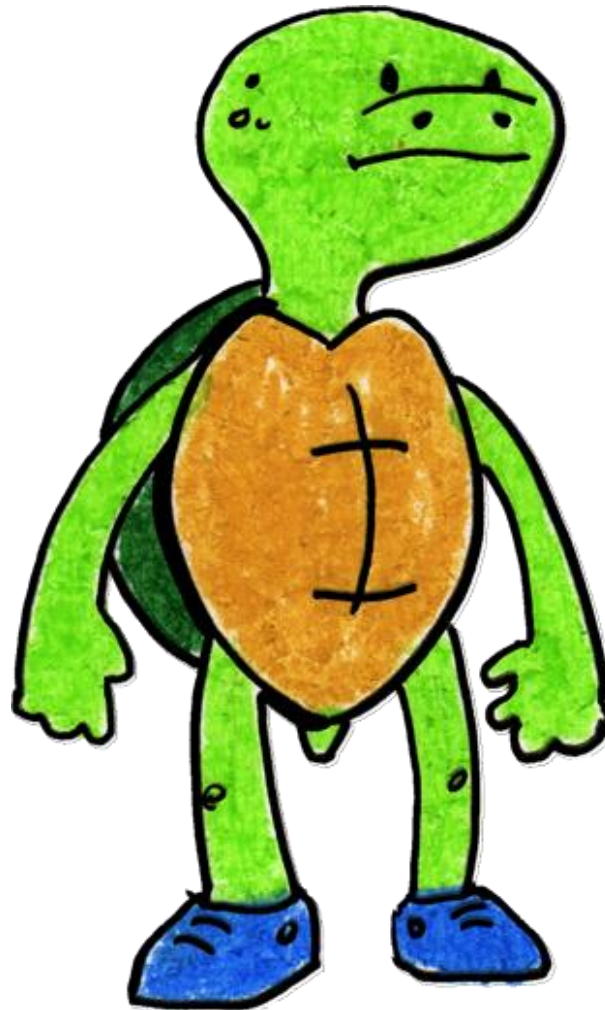
That makes me MAD!



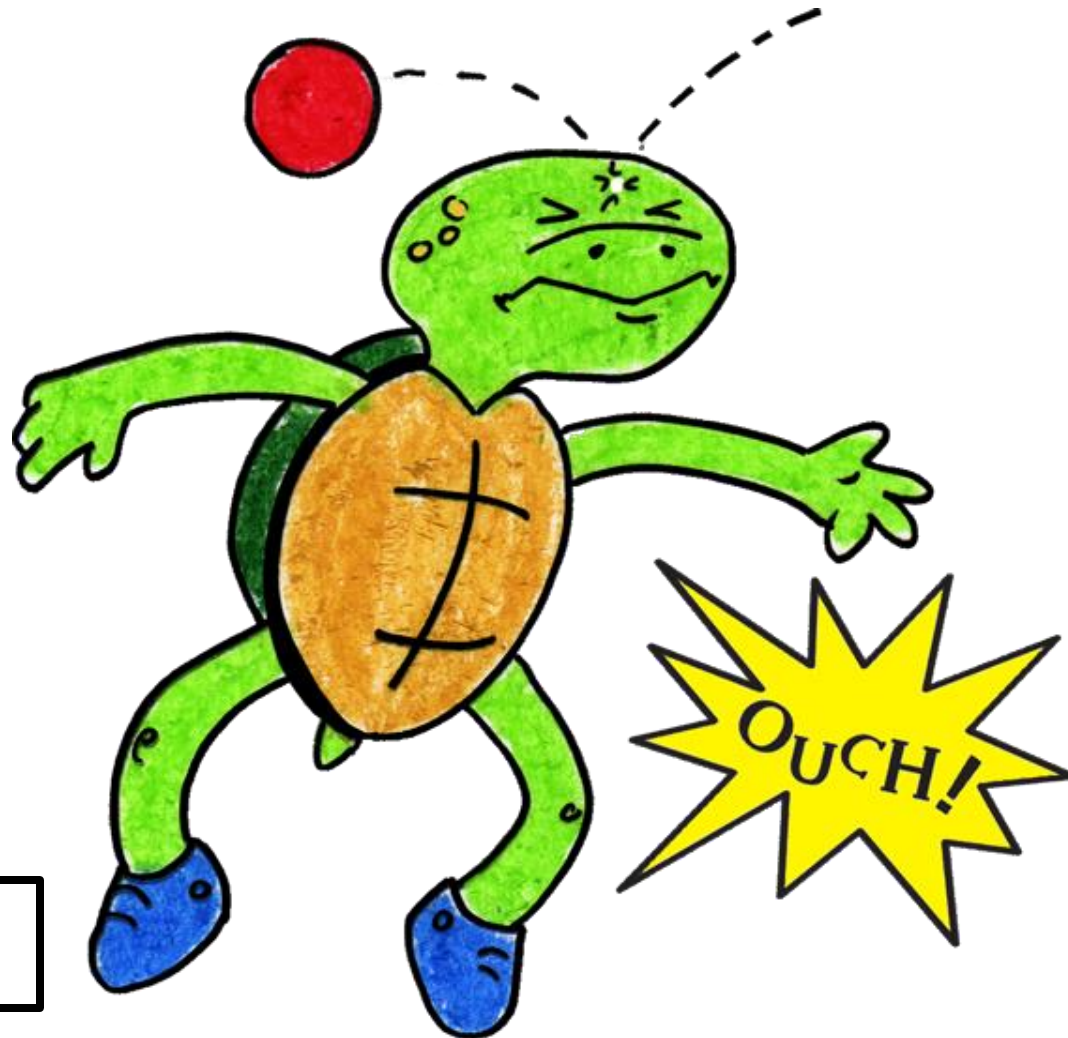
**It used to be that when Tucker got mad, he would hit, kick, or yell at his family and friends. His family and friends would get sad and scared.**



**Tucker now knows a new way to stay calm  
when he gets mad.**

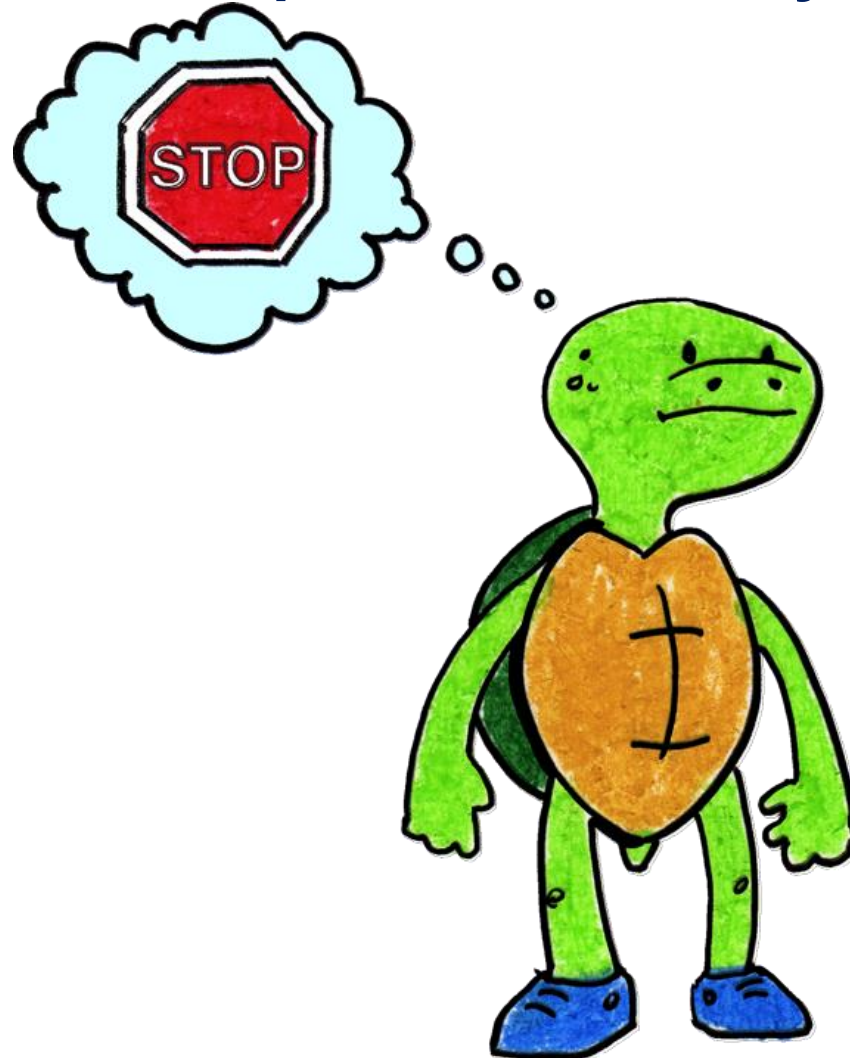


Tucker now knows a new way to “think like a turtle”  
when something happens to make him mad.



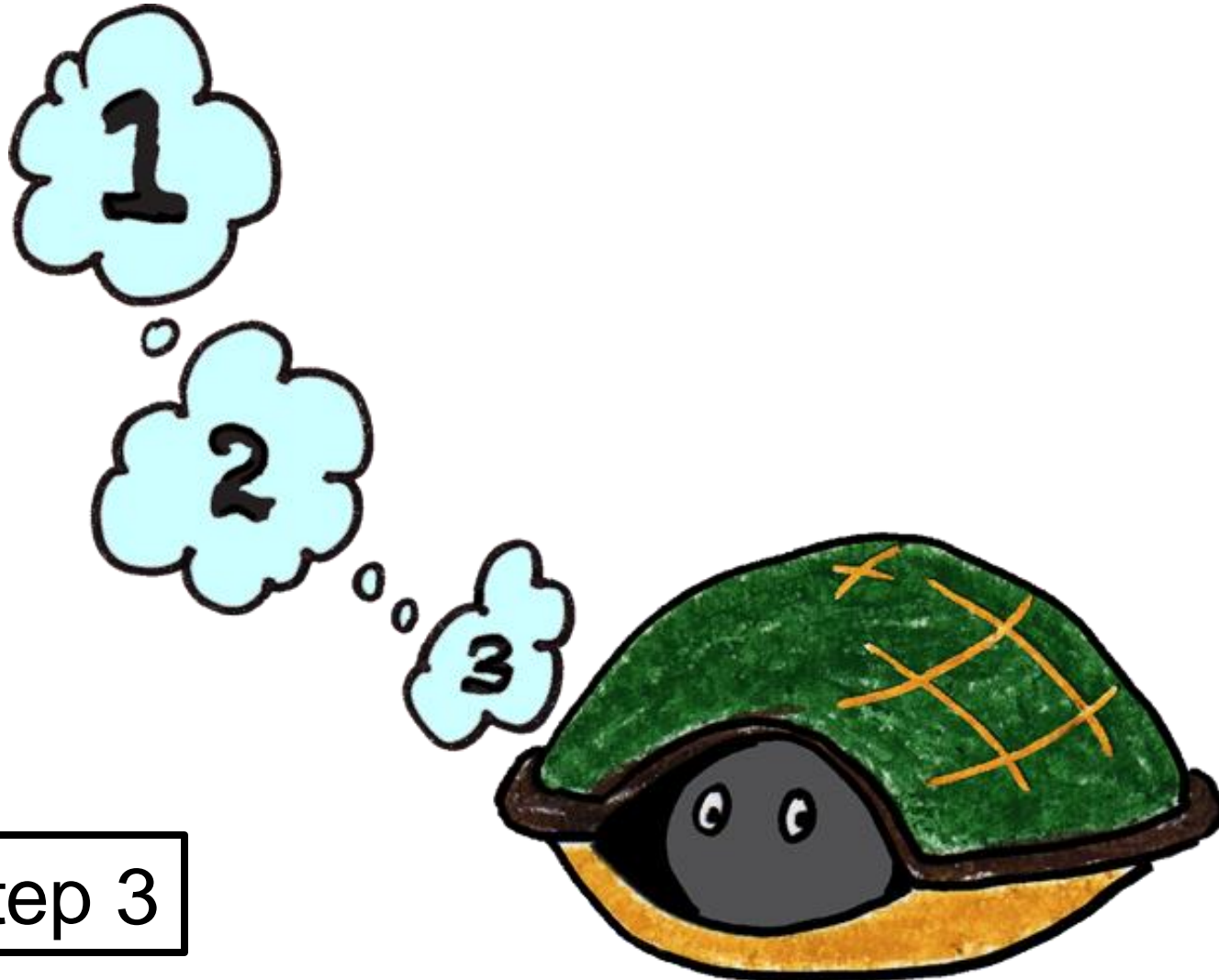
Step 1

He can **stop** and keep his hands, body, and yelling to himself. He can think, “What am I feeling?” If he is angry, he can stomp his feet and say, “I’m mad!”



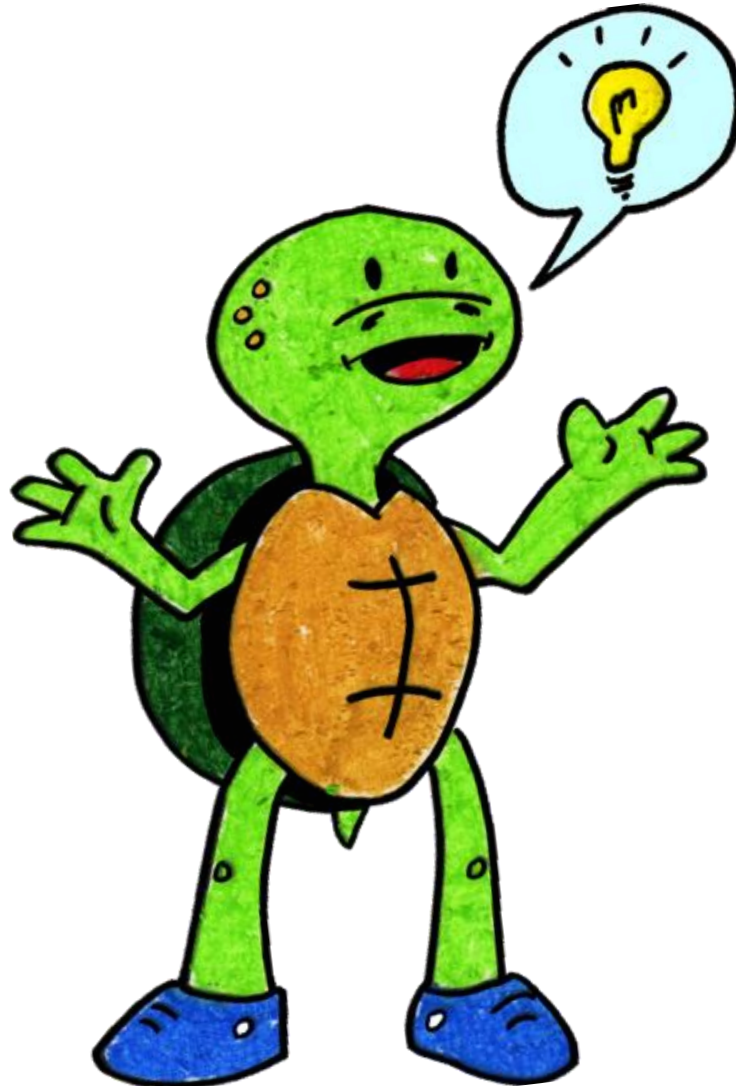
Step 2

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



Step 3

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



Step 4

**When Tucker stops and thinks, his body is calm and feels better. When he uses gentle touches and kind words with his family and friends, they feel happy and safe.**

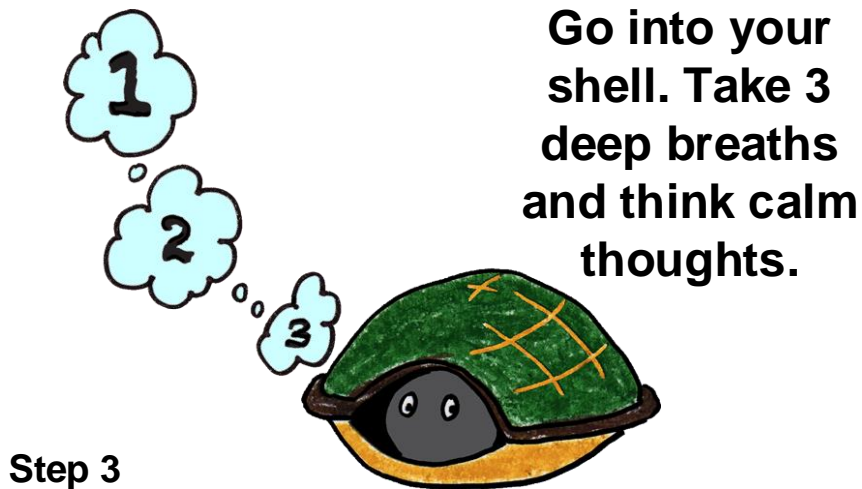
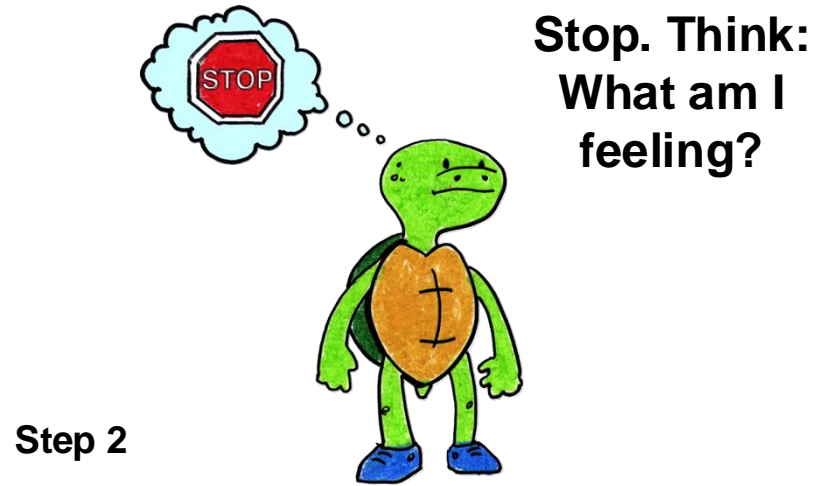
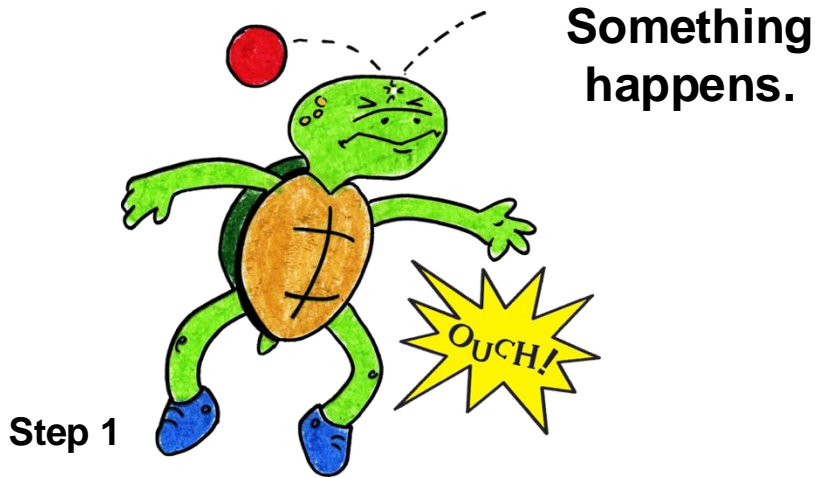


**Tucker's family practices stopping and thinking together using Tucker's new way to calm down.**

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



# Turtle Technique (CA CSEFEL)



# Family Tips on the Turtle 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 “Turtle 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