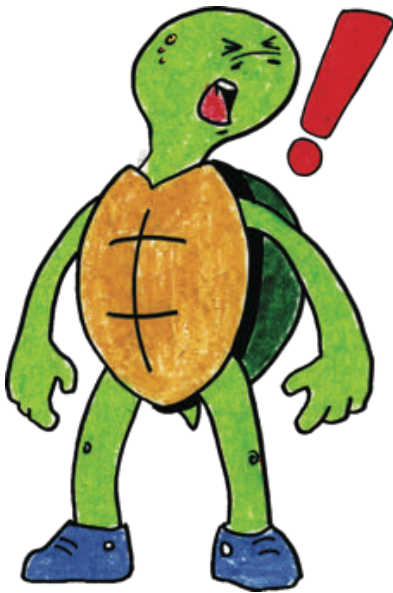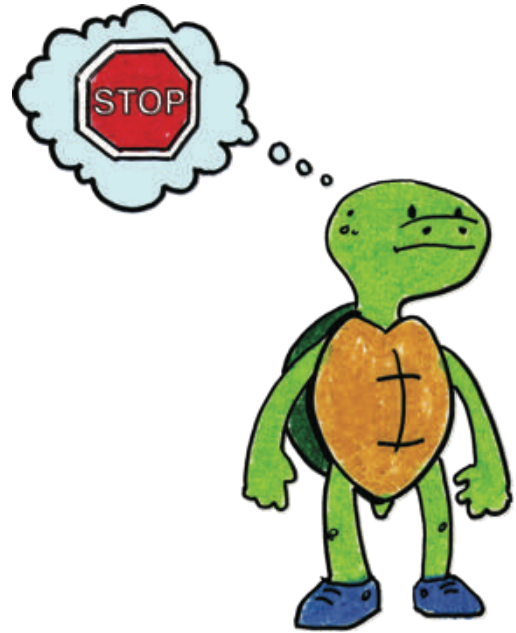# The Tucking Technique

Step 1. Recognize your feelings.

Step 2. Stop your body.

Step 3. Tuck inside your shell and take three deep breaths.

Step 4. Come out when you are calm and think of a solution.

IDEAs that Work
Office of Special Education Programs
U.S. Department of Education

UNIVERSITY OF SOUTH FLORIDA