

Tucker Turtle Song and Finger Play

Tucker the Turtle Song

(Sung to the tune of “Sally the Camel”)

Tucker the Turtle was (pause) angry
Tucker the Turtle was (pause) angry
Tucker the Turtle was (pause) angry
Calm down, Tucker, calm down!

Tucker the Turtle will (pause) stop quick
Tuck in his shell and (pause) breathe deep
Three deep breaths he (pause) does take
Breathe, Tucker, breathe!

Tucker the Turtle pops (pause) back up
Tucker the Turtle is (pause) calm now
He thinks of sol-utions
Hooray, Tucker, hooray!

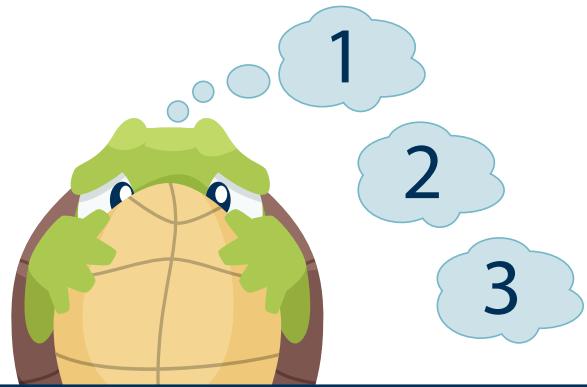


(Source: Department of Human Development & Family Studies Iowa State University)

Tucker Turtle Finger Play

This finger play can reinforce teaching the Turtle Technique to children.

(Sung to the tune of “Where is Thumbkin?”, by Rochelle Lentini, July 2007)



Verse 1	Action
<i>Tucker Turtle, Tucker Turtle, He's our friend. He's our friend.</i>	Hold hand fisted with thumb on top. Cup other hand over the fisted hand to form a turtle shell. Pop thumb out of shell.
<i>When he gets angry or frustrated,</i>	Make an angry face.
<i>He tucks in. He tucks in.</i>	Tuck thumb into the turtle shell. Pop thumb out of shell. Tuck thumb into the turtle shell.

Verse 2	Action
<i>Tucker Turtle, Tucker Turtle, He tucks in. He tucks in.</i>	Pop thumb out of shell. Tuck thumb into the turtle shell. Pop thumb out of shell. Tuck thumb into the turtle shell.
<i>Then takes 3 breaths, Then takes 3 breaths,</i>	Pause and take 3 deep breaths with children, taking the time to breath in through your nose and out through your mouth.
<i>To think, think, think. Think, think, think.</i>	Tap forehead with pointer finger to indicate thinking. Make turtle with hands again. Pop thumb out of shell.

Verse 3	Action
<i>Tucker Turtle, Tucker Turtle, Think, think, thinks. Think, think, thinks.</i>	Tap forehead with pointer finger to indicate thinking.
<i>He knows a better way, He knows a better way,</i>	Open hand and tap fingers to side of forehead to indicate “knows”.
<i>That Tucker can play and what to say.</i>	Make turtle with hands again and then tap pointer finger to lips.