Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with teaching the "Turtle Technique"

By Rochelle Lentini, Lindsay N. Giroux and Mary Louise Hemmeter

ChallengingBehavior.org
The reproduction of this document is encouraged. Permission to copy is not required. If modified or used in another format, please cite original source. This is a product of the National Center for Pyramid Model Innovations and was made possible by Cooperative Agreement #H326B170003 which is funded by the U.S. Department of Education, Office of Special Education Programs. However, those contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

Pub: 06/06/19

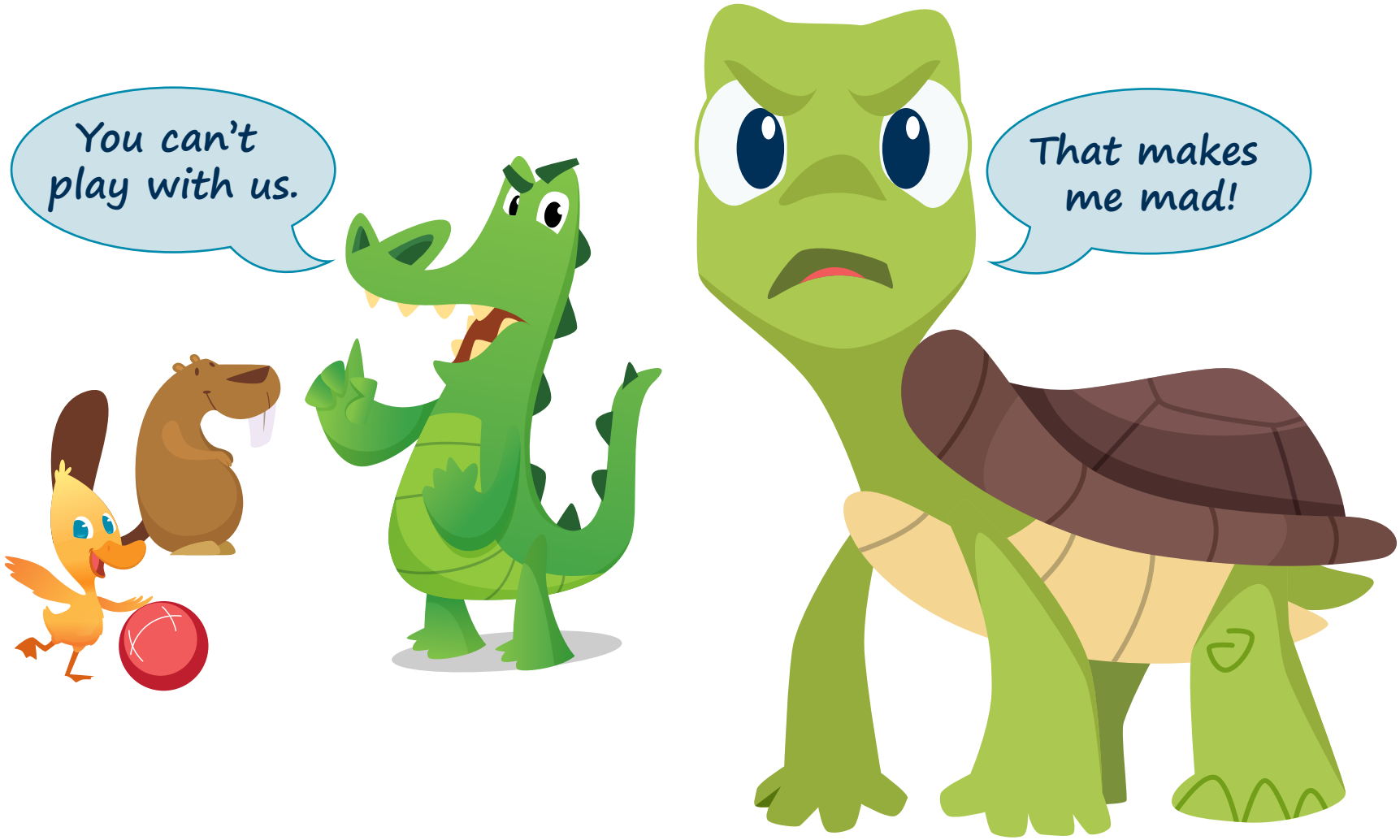
IDEAs that Work
Office of Special Education Programs
US. Department of Education

UNIVERSITY of SOUTH FLORIDA

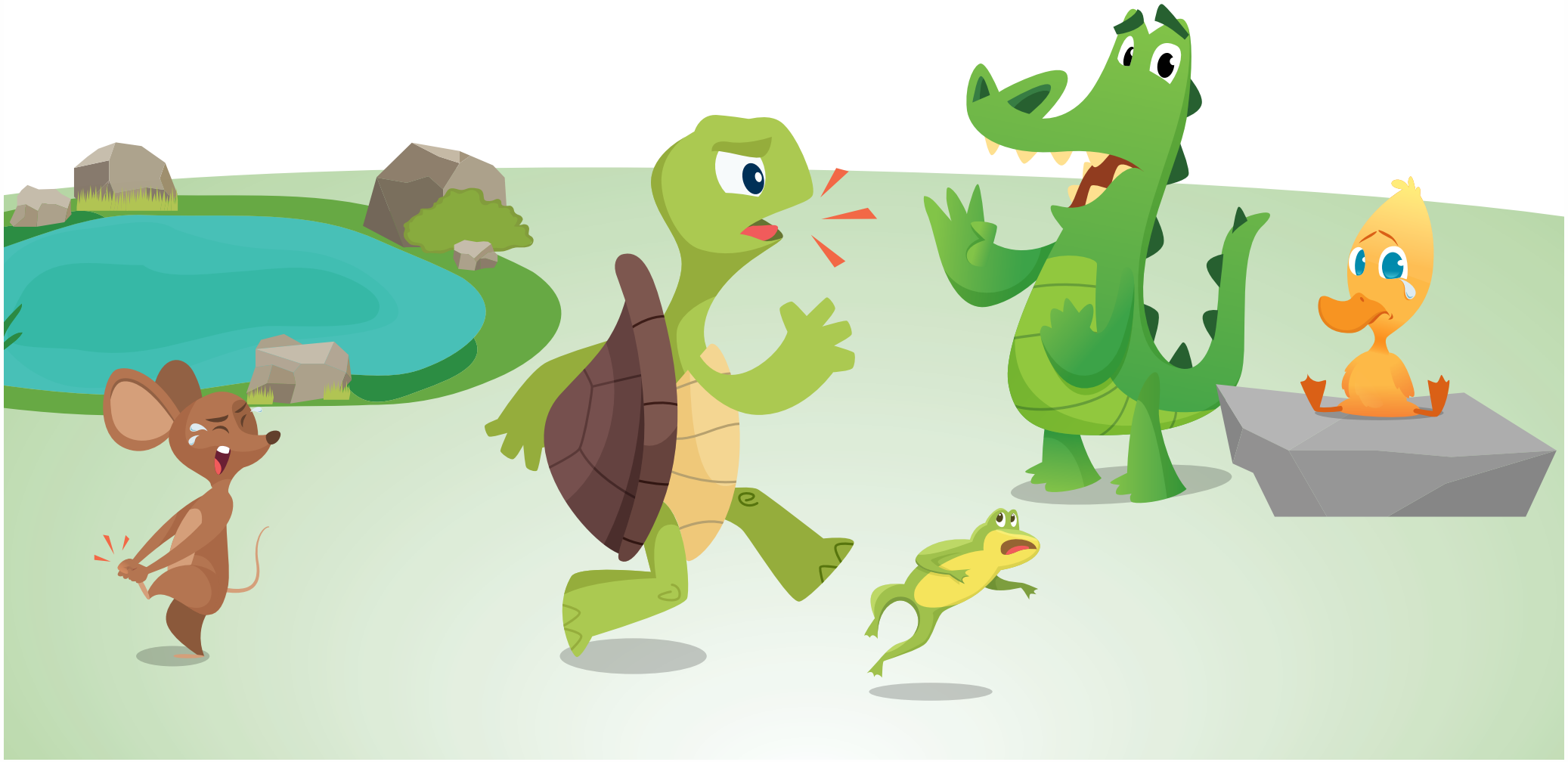
NCPMI

Tucker Turtle is a terrific turtle. He likes to play with his friends at Sunny Stream School.

Sometimes, things happen that make Tucker really mad.



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



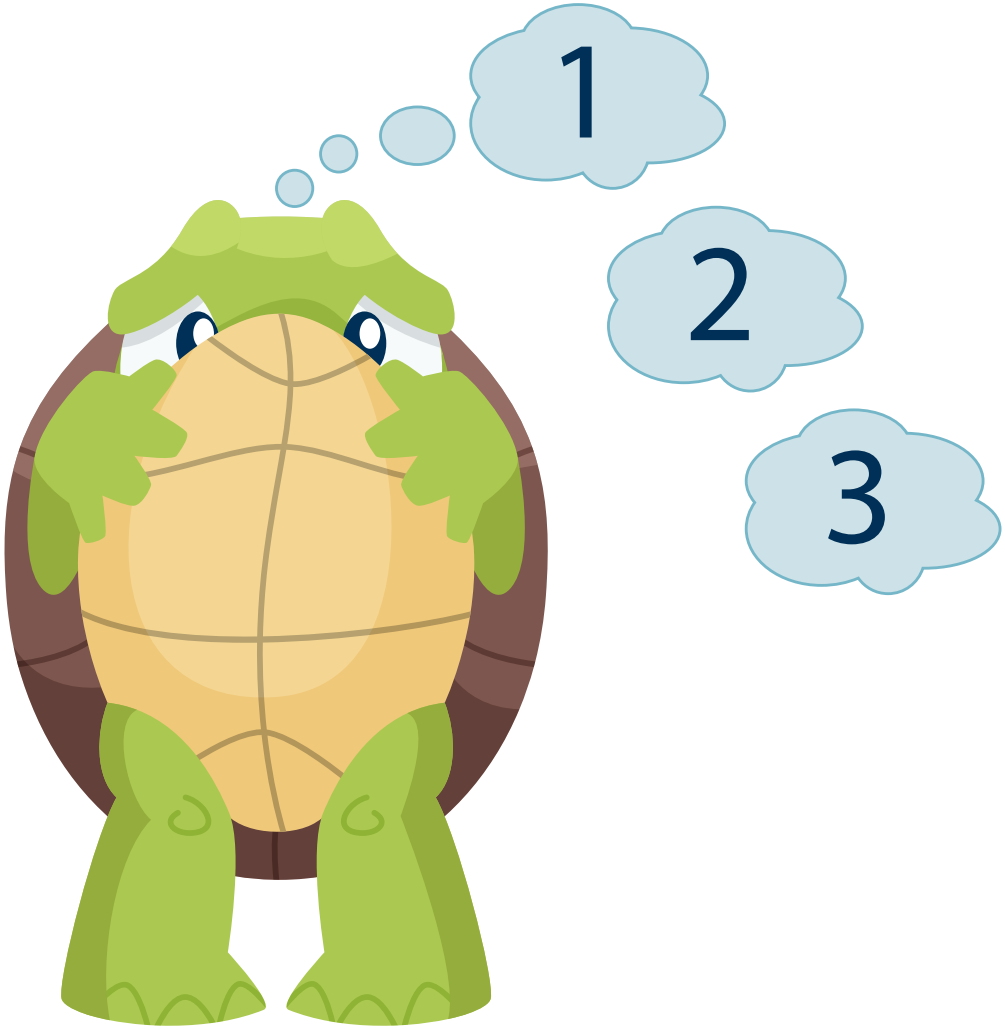
Tucker now knows a new way to stay calm when he gets mad.

Step 1

He can stop yelling and keep his hands and body to himself!

Step 2

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



Step 3

Tucker can then think of a solution to solve his problem.

Step 4

When Tucker stops and thinks, his body is calm and feels better.

When he uses gentle touches and kind words with his friends, they feel happy and safe.

The End!

Teacher Tips on the Turtle Technique

- Model remaining calm.
- Teach the children the steps of how to control feelings and calm down ("think like a turtle").
    - Step 1: Recognize your feelings.
    - Step 2: Stop your body.
    - Step 3: Tuck inside your "shell" and take 3 deep breaths.
    - Step 4: Come out when you are calm and think of a solution.
- Practice these steps frequently (see cue cards on next 4 pages).
- Prepare for and help children handle possible disappointment or change by reminding them to tuck and think like a turtle when they feel angry or mad.
- Recognize and comment positively when the child stays calm.
- Involve families by giving them ideas for teaching the "Turtle Technique" at home.

Help Children Think of Possible Solutions:

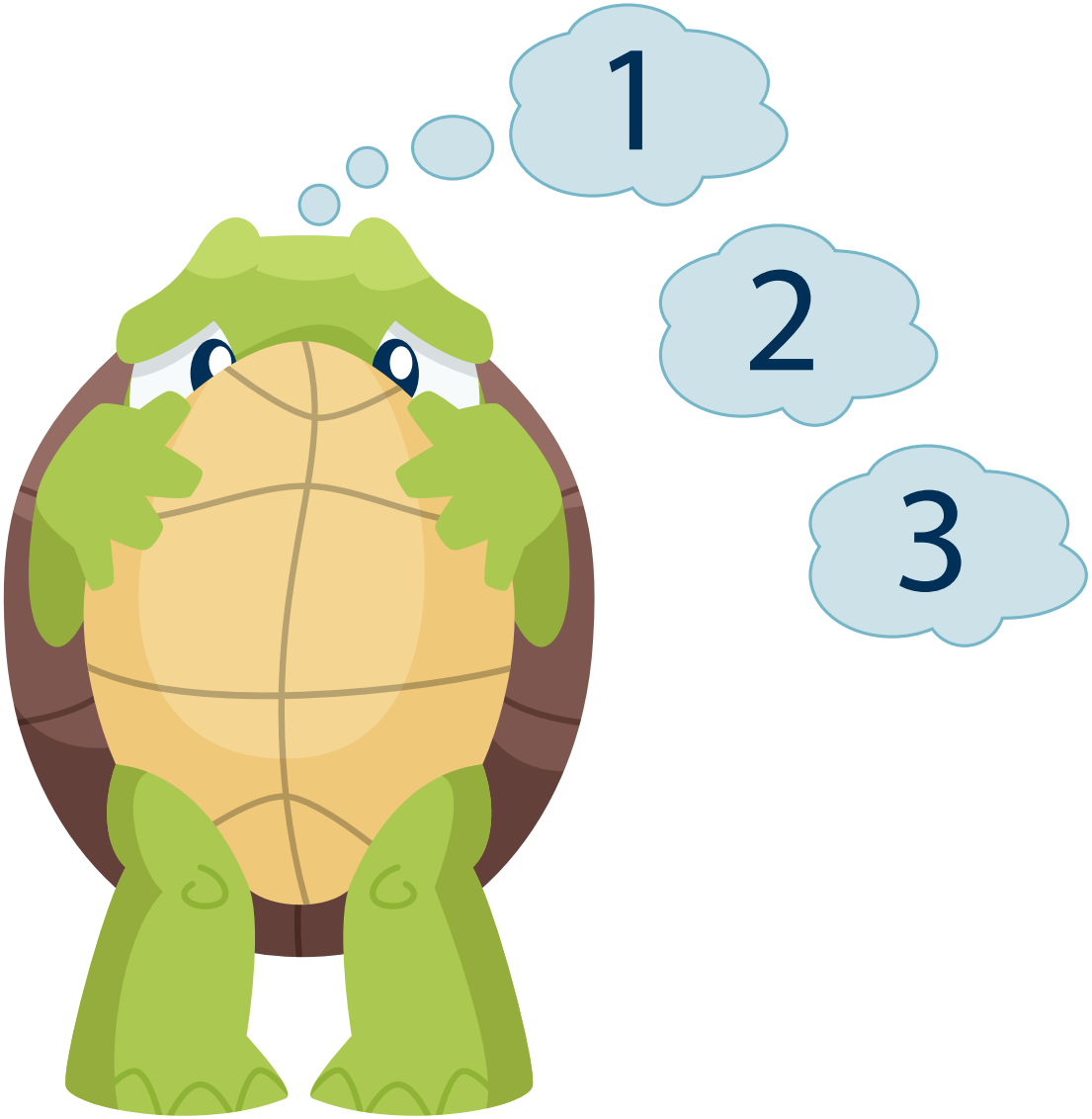
- Ask a teacher
- Ask nicely
- Ignore
- Play together
- Say, "Please stop."
- Trade a toy or other item.
- Wait and take turns.
- Get a timer.

Scripted Story Tip

Please note that you can use real photographs with the line drawings for children that need this level of support. For instance, next to the line drawings, you can glue or Velcro a photograph of the class using the 'turtle technique'. Snap a photo of the children showing how they stop, think, and take three deep breaths.

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.