Introducing the Turtle Technique!

Dear Families,

An important part of kindergarten readiness is having strong social-emotional skills. This includes knowing how to regulate emotions and calm down when upset or angry. Our classroom uses a self-regulation tool called the Turtle Technique that helps teach children to recognize their feelings, stop their bodies before they act, "tuck in" and take deep breaths, and calm down so that they can problem solve. These visuals are available in our room as reminders.

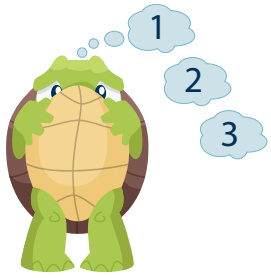
You can support your child's learning at home by:

- Pointing out when you notice that your child is getting upset—"You look like you are getting frustrated, what would Tucker do? Let's take 3 deep breaths"—and walking them through the steps of calming down.
- Posting this handout somewhere visible (on the refrigerator, on the child's bedroom door, etc.) and talking about appropriate ways to express feelings when upset or angry.

Please ask if you have questions about the Turtle Technique or how we address social-emotional development!

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.