Tucker Turtle Takes Time to Tuck and Think *at Home*

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 with contributions from WI Pyramid Model 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: 03/20/20

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

University of South Florida

Wisconsin

NCPMI

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

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 family and friends. His family and friends would get sad and scared.

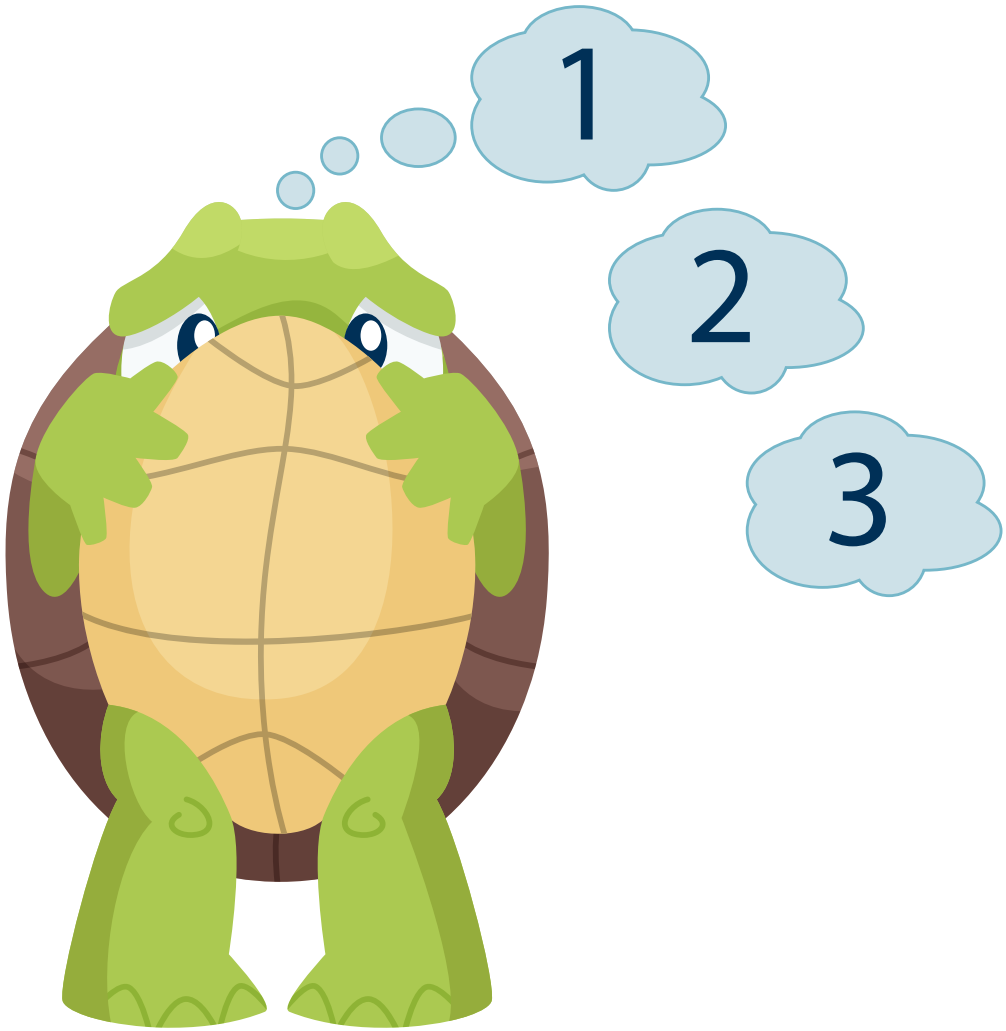
Tucker now knows a new way to stay calm when he gets mad.

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

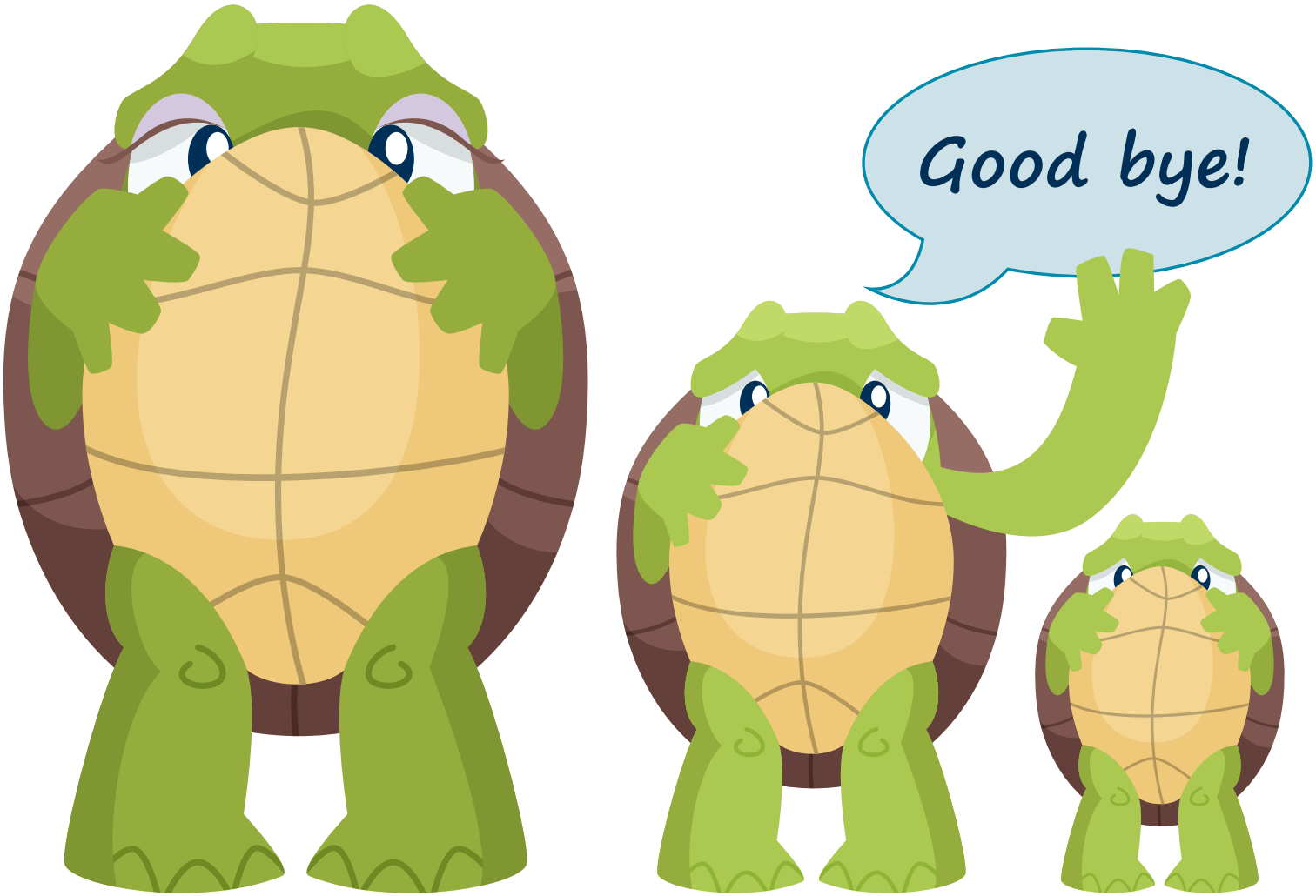
Tucker can then think of a solution to solve his problem.

Step 4

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

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

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



Practice Thinking Like a Turtle

Teach your child 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.

Turtle Technique Tips

- Practice tucking like a turtle when your child is calm.
- Throughout the day, make time to practice taking 3 deep breaths.
- Model using the calming steps when your feelings are strong.
- Practice these steps frequently during routines (e.g., before playing with siblings, while reading a book, before chores, etc.).
- Use the cue cards on the next page when practicing the steps.
- Prepare for and help your child handle possible disappointment or change by reminding them to tuck and think like a turtle when they feel angry or mad.
- Offer lots of encouragement when your child tries to use the steps.
- Recognize and comment positively when your child stays calm.
- Help all family members know the Turtle Technique.

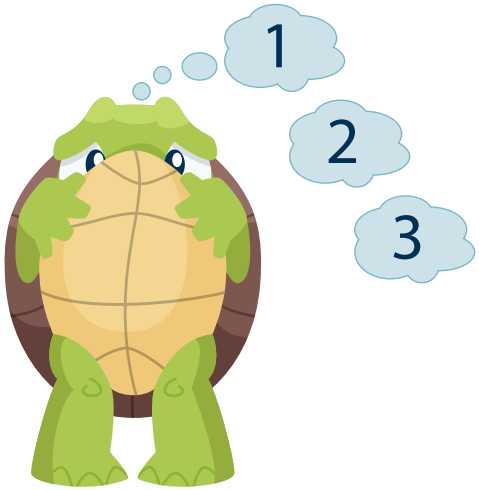
Help Children Think of Possible Solutions

- Ask for help.
- Say "Please stop."
- Wait and take turns.
- Get a timer.
- Ask for a hug.
- Take a break.
- Say, "Will you play with me?"
- Share.
- Use kind words.

The Turtle 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.