

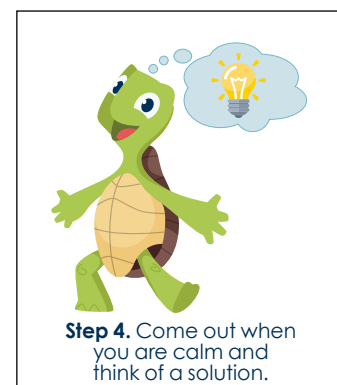
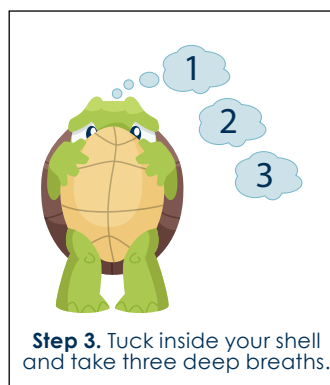
Dear Families,

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!**



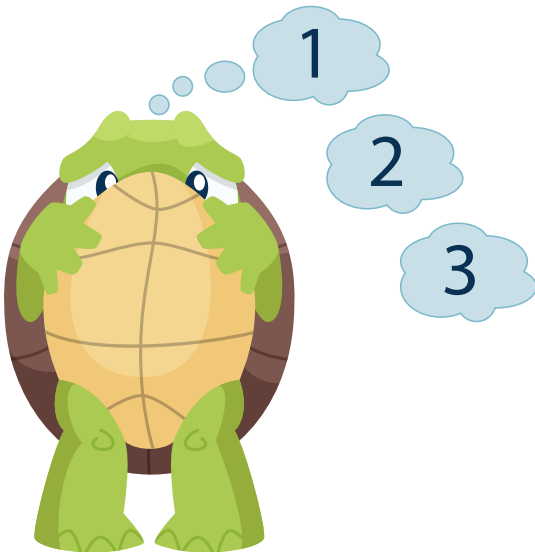
The Turtle Technique



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.



Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with
teaching the “Turtle Technique”

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ChallengingBehavior.org

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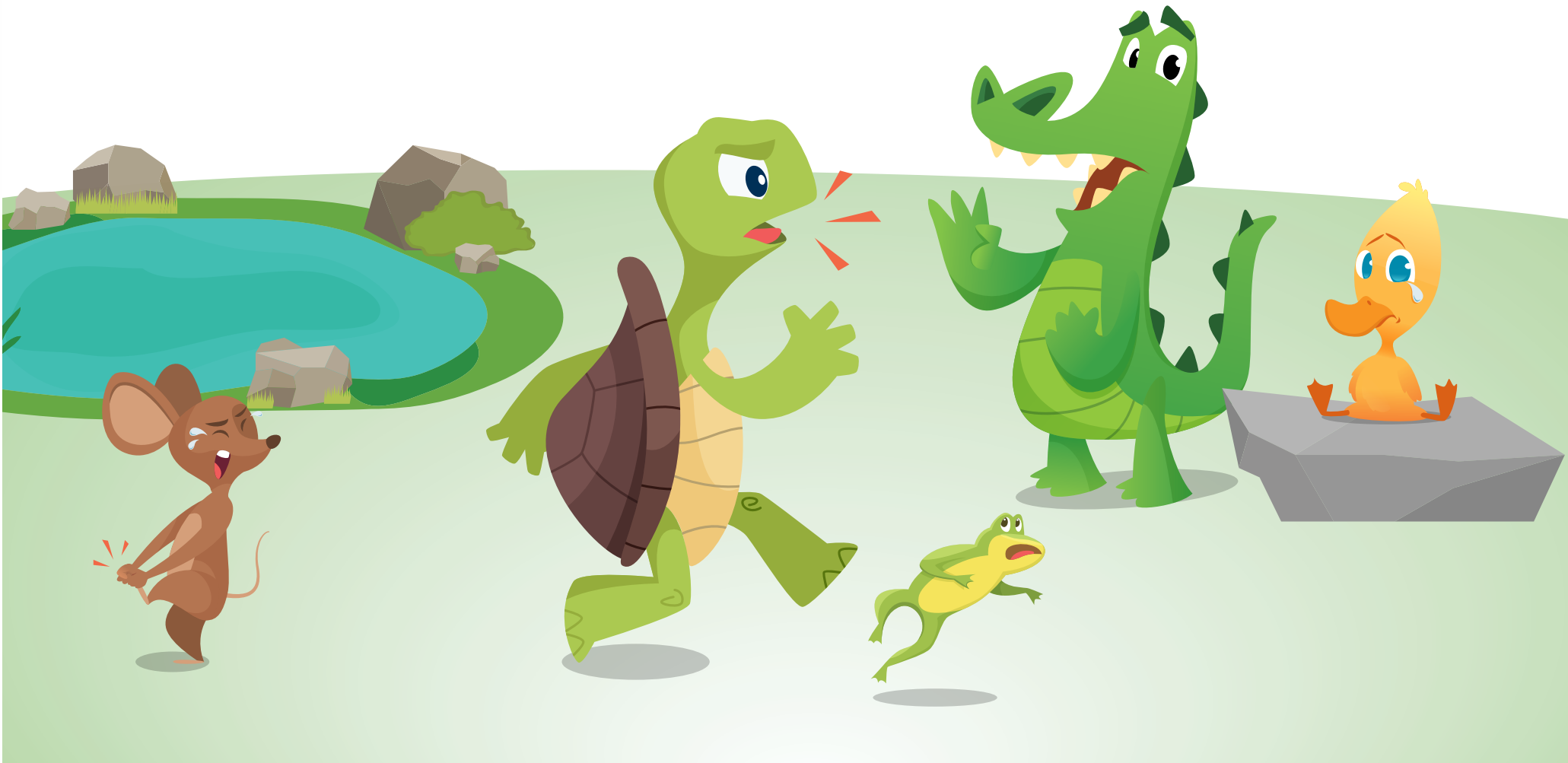
Tucker Turtle is a terrific turtle. He likes to play with his friends at Sunny Stream School.



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.



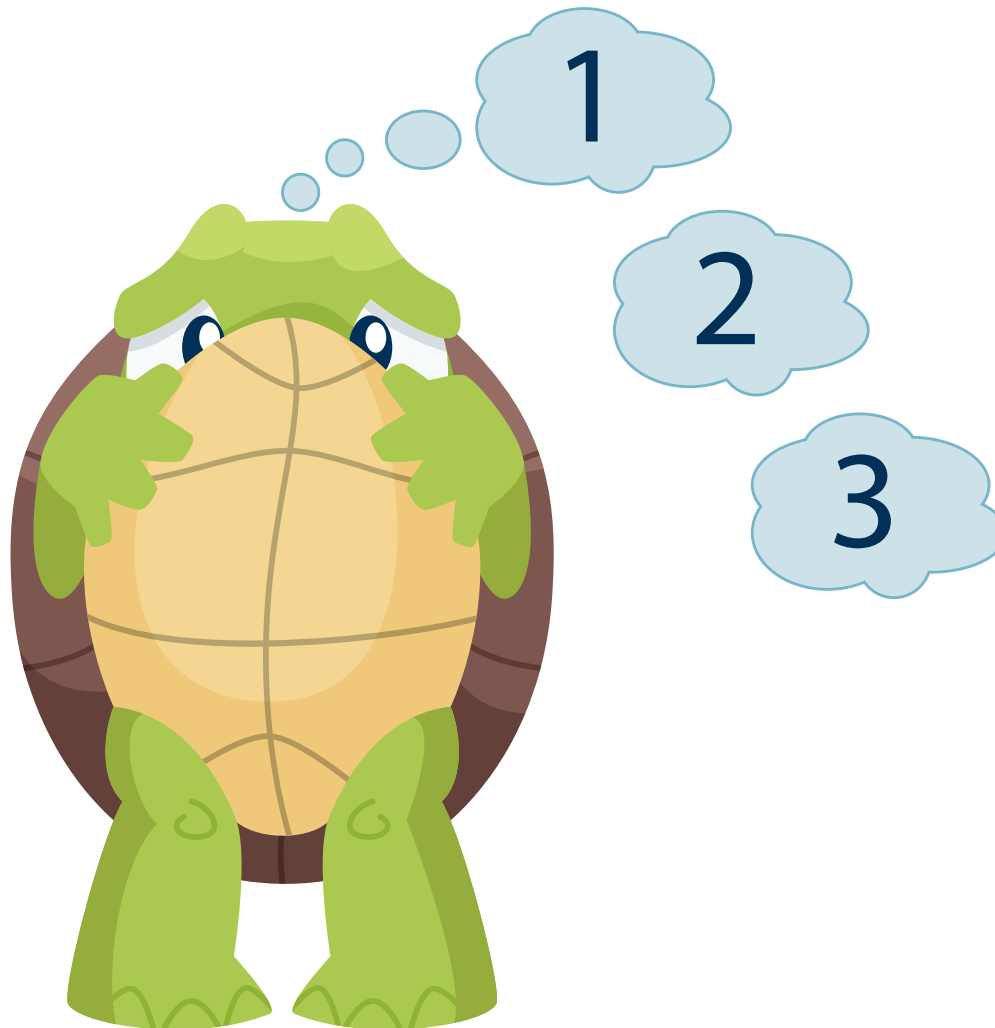
Step 1

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

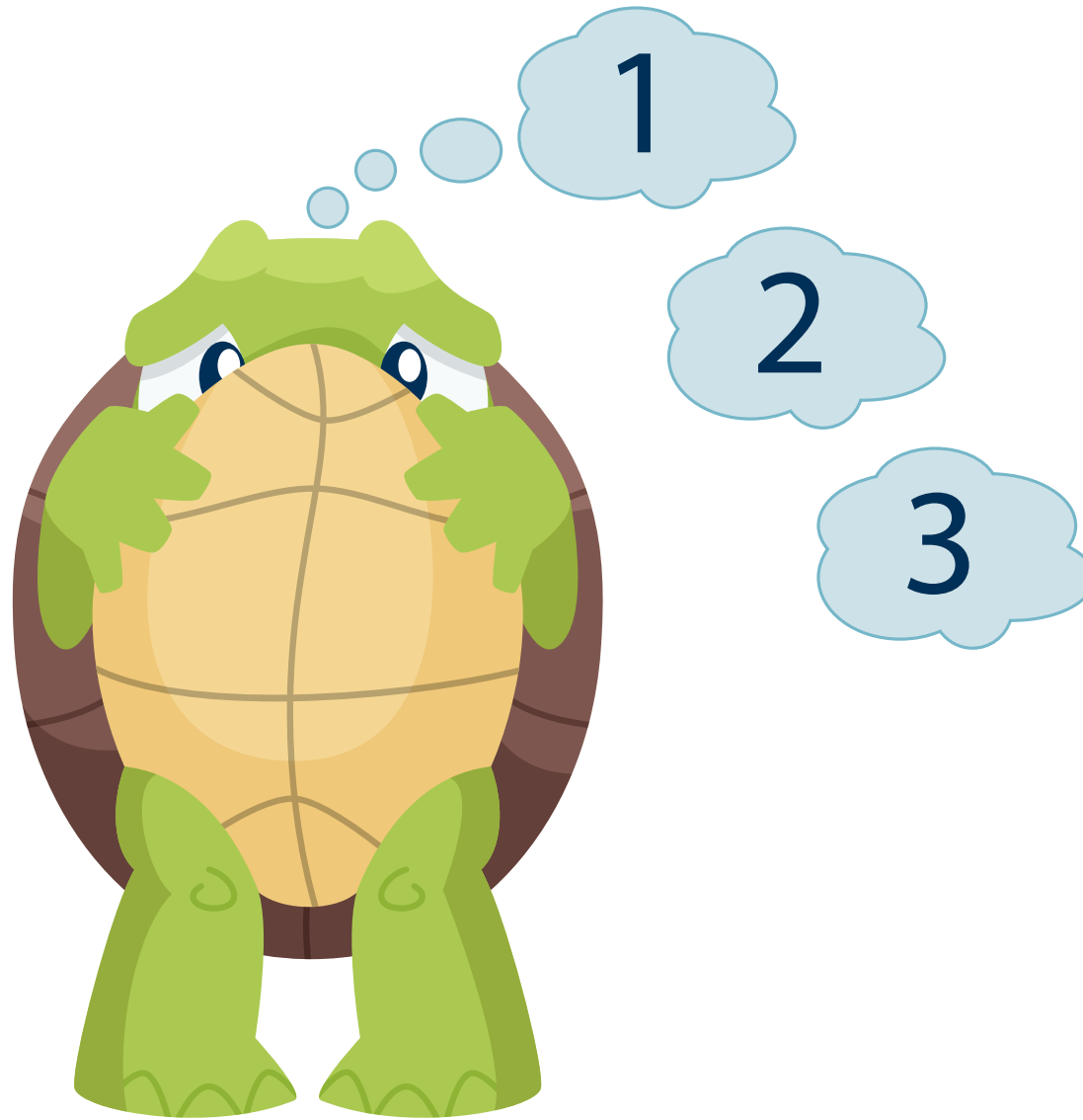
Please note that you can use real photographs with the line drawings for children that need this level of support. For instance, next to the line drawings, you can glue or Velcro a photograph of the class using the 'turtle technique'. Snap a photo of the children showing how they stop, think, and take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