

Meet Tucker Turtle



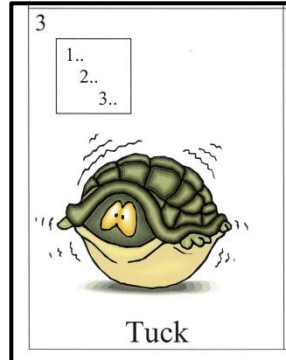
Tucker Turtle teaches children how to control feelings and calm down so they can think of a solution. The children are learning to “Think like Tucker Turtle” when they are angry, frustrated or upset.



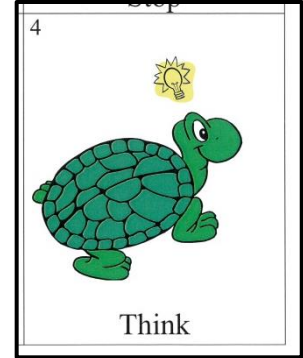
Step 1
Recognize your feeling(s)



Step 2
Think “STOP”



Step 3
Go inside your “shell”
& take 3 deep breaths



Step 4
Come out when calm &
think of a “solution”

Possible Solutions

