



Project Pre-K TIPS



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Dear Parents,

This week we learned a new way to calm down called the "Turtle Technique". We learned the "Turtle Technique" from a story called Tucker Turtle Takes Time to Tuck and Think.

Please take five minutes to practice the "Turtle Technique" with your child using the attached visuals as a guide. You can also use the script below to begin the conversation.

"Let's play a game to practice using the Turtle Technique like you have been doing at school. Let's think about something that makes you mad. When your brother (sister, cousin, neighbor) takes your toy without asking that makes you really mad. Show me how you would use the Turtle Technique to calm down."

Walk through each step of the Turtle Technique (Identify Feeling, Stop, Tuck and Breathe, Think of a Solution - see Tucker's solutions found below the steps). Let your child show you how they learned to do each step and practice doing the steps together.

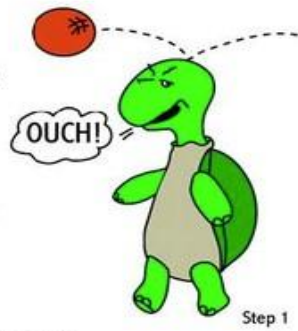
Tucker's story is available online in a free printable format by searching "Tucker the Turtle Scripted Story" if you would like a copy to read at home.

Entering the following links into your search engine should also bring you to the pdf version and the webpage containing a power-point version of the story that can also be printed.

<http://www.soesd.k12.or.us/files/tuckerturtle.pdf>

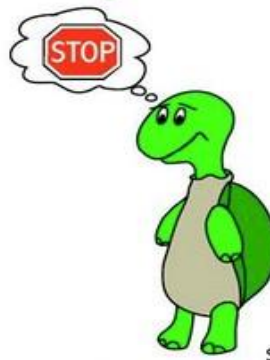
<http://csefel.vanderbilt.edu/resources/strategies.html>

**Recognize
that you
feel angry.**



Step 1

**“Think”
Stop.**



Step 2

**Go into shell.
Take 3
deep
breathes.
And think
calm,
coping
thoughts.**



Step 3

**Come out of
shell
when
calm and
thinking
of a
solution.**



Step 4

Image Source: http://csefel.vanderbilt.edu/resources/parent/mod4/mod4_script.pdf



1. share
2. play
3. ignore
4. ask nicely
5. say, "please stop"
6. get a teacher
7. trade a toy or item
8. wait and take turns

Helping children with their anger

Anger is a normal and healthy emotion. Children need to learn how to manage their anger without hurting themselves or others. Here are seven ways to help a child cope:

1. Be firm and fair, without getting angry. Limits are part of loving.
2. Understand that anger usually stems from the frustration of trying to get or avoid something.
3. Be clear. Tell the child what you want him or her to do in a specific situation. Try to avoid lectures. Say, "Try this instead."
4. Coach the child on how to handle conflict.
5. Role model healthy ways to deal with anger.
6. Try to avoid spanking as it teaches hitting.
7. Be patient: Learning takes time!

Resources

- www.vanderbilt.edu/csefel Free tools, videos, and information on children's social emotional wellbeing.
- www.challengingbehavior.org Resources for social emotional interventions with children.
- www.safeschoolsmanitoba.ca Resources for parents, teachers, and students on various topics.
- www.vanderbilt.edu/csefel/documents/booklist.pdf List of books on anger for children aged 2-8.

References

- Lentini, R. (2007). *Tucker Turtle takes time to tuck and think: A scripted story to assist with teaching the "Turtle Technique"*. Retrieved March 1, 2010 from <http://www.vanderbilt.edu/csefel/scriptedstories/tuckerturtle.ppt>
 - Joseph, G.E. & Strain, P. S. (2003). *Module 2: Handout 2.6: Social emotional teaching strategies- Helping young children control anger and handle disappointment*. Retrieved March 1, 2010 from <http://www.vanderbilt.edu/csefel/modules-archive/module2/handouts/6.html>
 - Provence, S. (1985). *Helping young children channel their aggression*. Retrieved March 1, 2010 from http://www.zerotothree.org/site/PageServer?pagename=ter_key_temp_aggression&AddInterest=1158
- Developed by kellmoen@gmail.com - (March, 2010)

**Tucker
Turtle
learns to
tuck**



*An anger management
brochure for children*