



Lesson 5: Using the “Turtle Technique” to Manage Strong Feelings

Primary Goals:

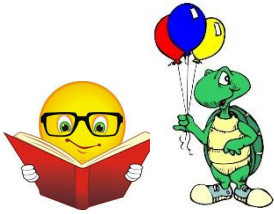
1. Introduce students to Tucker's “Turtle Technique” for calming down
2. Discuss each step (Identify feeling, Stop, Tuck, Think) as a way to manage strong feelings
3. Practice the Turtle Technique
4. Identify situations where the Turtle Technique should be used
5. Capitalize on *in vivo* opportunities to encourage and reinforce students using the Turtle Technique to manage strong feelings

Materials for Main Lesson:

- Scripted story: Tucker Turtle Takes Time to Tuck and Think by Rochelle Lentini

Materials for Supplemental Activities:

- Scripted story: Tucker Turtle Takes Time to Tuck and Think by Rochelle Lentini
- Paper plates
- Turtle template
- Turtle technique steps handout
- Turtle technique solutions handout



Lesson 5: Tucker the Turtle (20 minutes)

Teacher: "Over the past few weeks we have learned different ways we can calm down when we are feeling mad, sad, or excited."

Ask the students:

"Who can tell me one of the ways we have already learned to calm down?"

Praise student responses about deep breathing, taking a break, and coping self-talk. Ask for students to demonstrate or describe the techniques as appropriate ("Show me how you take deep breaths. What are the steps to taking break? Who can give me an example of a feel good thought?").

Teacher: "Today we are going to learn from Tucker the Turtle how we can use some of our calm down strategies at the same time to calm down faster. Tucker's way is called the Turtle Technique. Let's read the story to find out how Tucker uses the Turtle Technique to calm down."

Read aloud:

Tucker Turtle Takes Time to Tuck and Think by Rochelle Lentini

- Before Reading:
 - Ask the students what they think the book will be about and why they think that.
- During Reading:
 - Ask the students to:
 - Share what things they think would make Tucker mad at school
 - Decide if Tucker made a good choice when he hit, kicked, or yelled at his friends
 - Identify how they think Tucker's friends felt when he hit, kicked, or yelled at them and how they know his friends were probably feeling that way
 - Practice each step in the turtle technique (Step 1: Identify feeling, Step 2: Stop, Step 3: Tuck and breathe, Step 4: Think of a solution)
 - When practicing "Tucking into the shell" students can put their hands over their face or arms over their heads
 - Solutions to problems and tips for teaching the turtle technique are on the pages following the story
 - Discuss different times when they might want to "Think Like Tucker" to calm down

Supplemental Activities (OPTIONAL)



Activity: Practicing the Turtle Technique

- Have students practice using the steps of the Turtle Technique and reflect on personal experiences by:
 - Thinking of a time when they felt frustrated, sad, or angry
 - Talk through scenarios with students if they need prompting
 - Using the **Steps handout** and **Solutions handout** as a guide, have students practice identifying their feelings, stopping, tucking and breathing, and coming up with solutions
 - **BONUS: Remind students to use the Turtle Technique when they are upset and practice it in classroom situations where it may be useful.**



Art: Turtle Visual

- Give each child a paper plate and a template of the turtle body parts and instruct them to color all the pieces
- Assist the students in cutting out the turtle body parts
- Assist the students in attaching the turtle body parts to the paper plate shell.
- Show the students how to fold up the body parts to make their turtles go into their shells. Explain that the turtles are to help remind them to use the Turtle Technique to calm down when they are having strong feelings



Music and Movement: Do the Turtle

- Play the song: Do the Turtle Song Preschool Fun Learning Music on YouTube.

<https://www.youtube.com/watch?v=zNmR30tC8Nw>

- Encourage the students to watch the video and sing and dance along
- At the end of the song lead the students in practicing the Turtle Technique
- Ask the students to recall when they should use the Turtle Technique (per the video - when mad, sad, blue, and when you don't know what to do)

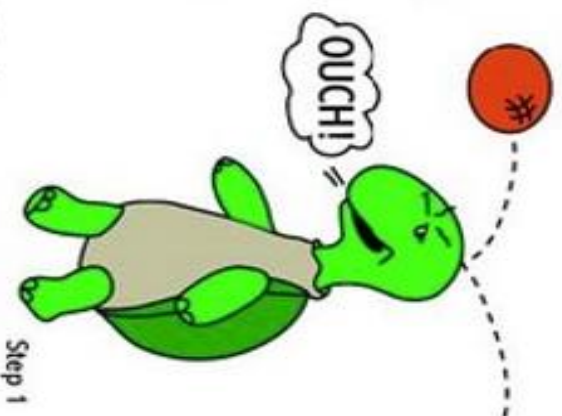


Book Re-Reading

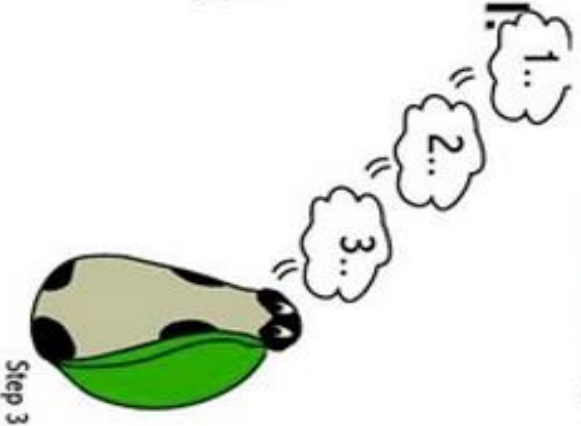
Reintroduce the book: Tucker Turtle Takes Time to Tuck and Think by Rochelle Lentini
Before Reading:

- Ask the students what they remember from the book
- During Reading:
 - Ask the students to:
 - Share what things they think would make Tucker mad at school
 - Decide if Tucker made a good choice when he hit, kicked, or yelled at his friends
 - Identify how they think Tucker's friends felt when he hit, kicked, or yelled at them and how they know his friends were probably feeling that way
 - Practice each step in the turtle technique (Step 1: Identify feeling, Step 2: Stop, Step 3: Tuck and breathe, Step 4: Think of a solution)
 - When practicing "Tucking into the shell" students can put their hands over their face or arms over their heads
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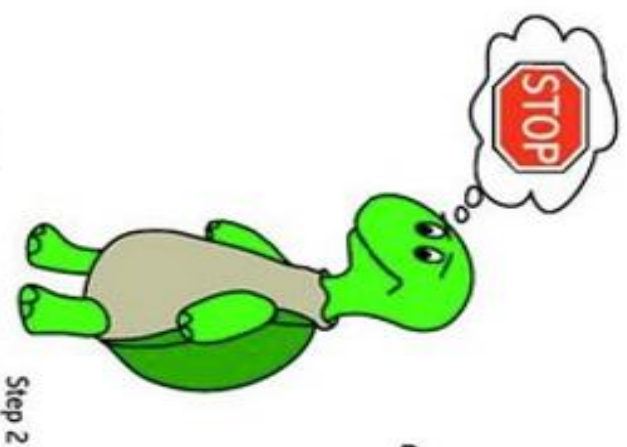
**Recognize
that you
feel angry.**



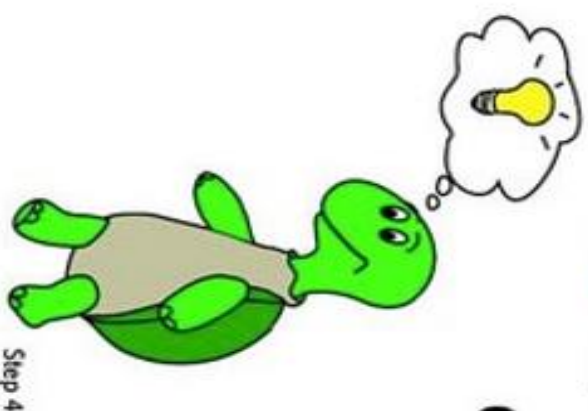
**Go into shell:
Take 3
deep
breathes.
And think
calm,
coping
thoughts.**



**“Think”
Stop.**



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





Tucker's solutions

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.safeschoolsmainfoba.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.

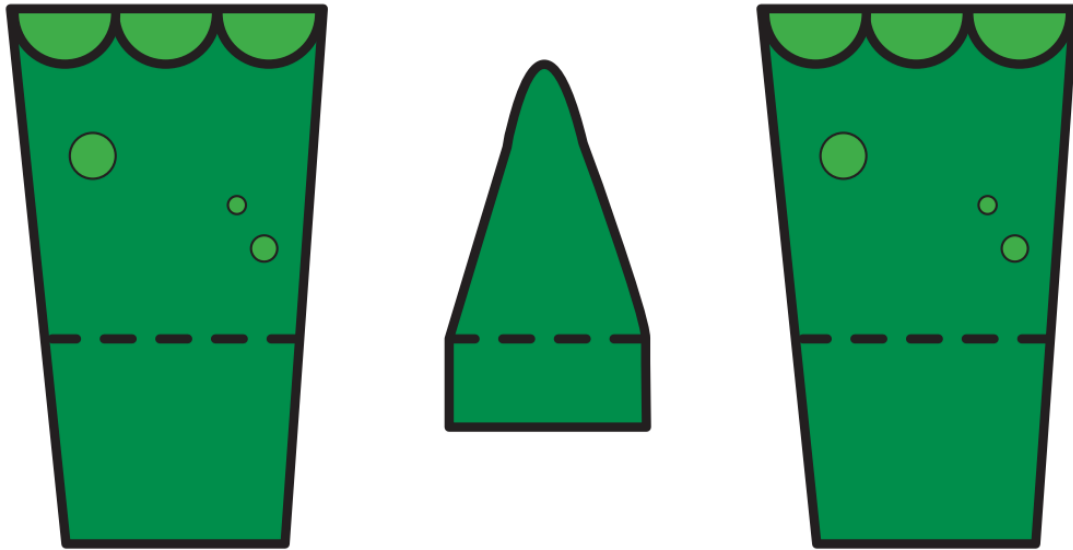
References

- 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/scripts/teddstories/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/Pages/Server?pagename=ter_key_temp_aggression&AddInterest=1158
- Developed by kethmoe@gmail.com - (March, 2010)



Tucker Turtle learns to tuck

An anger management brochure for children



TURTLE TECHNIQUE

