

## Tucker Turtle Steps

Learn how to "think like a turtle"  
when scared or upset



### Tucker Turtle Step 1:

Recognize your feeling

SCARED

upset

MAD

Frustrated



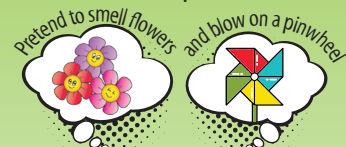
### Tucker Turtle Step 2:

Stop and tuck into your shell



### Tucker Turtle Step 3:

Take 3 deep breaths



1-2-3  
times

### Tucker Turtle Step 4:

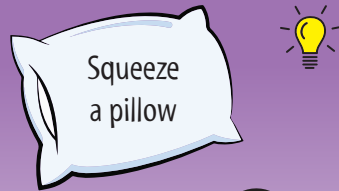
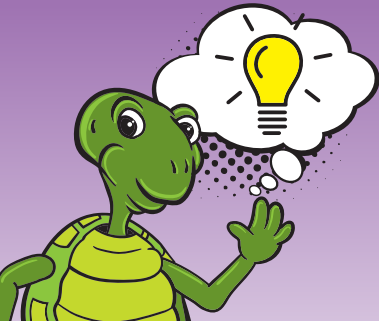
Come out  
of your shell



Think of  
solutions



# Tucker Turtle Coping Cues



Read a  
book



Watch TV

Listen to  
music



Even give a hug!



**Purple Playas**  
Foundation™  
*Hope for kids with chronic illness*

[purpleplayasfoundation.org](http://purpleplayasfoundation.org)