Tucker Turtle Steps

Learn how to “think like a turtle” when scared or upset

Step 1: Recognize your feeling

- Scared
- Mad
- Frustrated
- Upset

Step 2: Stop and tuck into your shell

STOP

Step 3: Take 3 deep breaths

1-2-3 times

Pretend to smell flowers and blow on a pinwheel

Step 4: Come out of your shell

Think of solutions

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Learn how to “think like a turtle” when scared or upset
Tucker Turtle Coping Cues

- Squeeze a pillow
- Play a Game
- Talk to someone
- Read a book
- Listen to music
- Watch TV
- Even give a hug!