

When Purple Puff Gets Scared...

Tucker Turtle Teaches Him
How to Be Brave



A scripted story to
assist with teaching the
"Turtle Technique"
when children feel anxious
or scared about
medical needs.

By **Rochelle Lentini** and a very brave
warrior named **Parker Lentini**

Tucker Turtle is a terrific turtle.
He likes to play with his friends at Swamp Park.



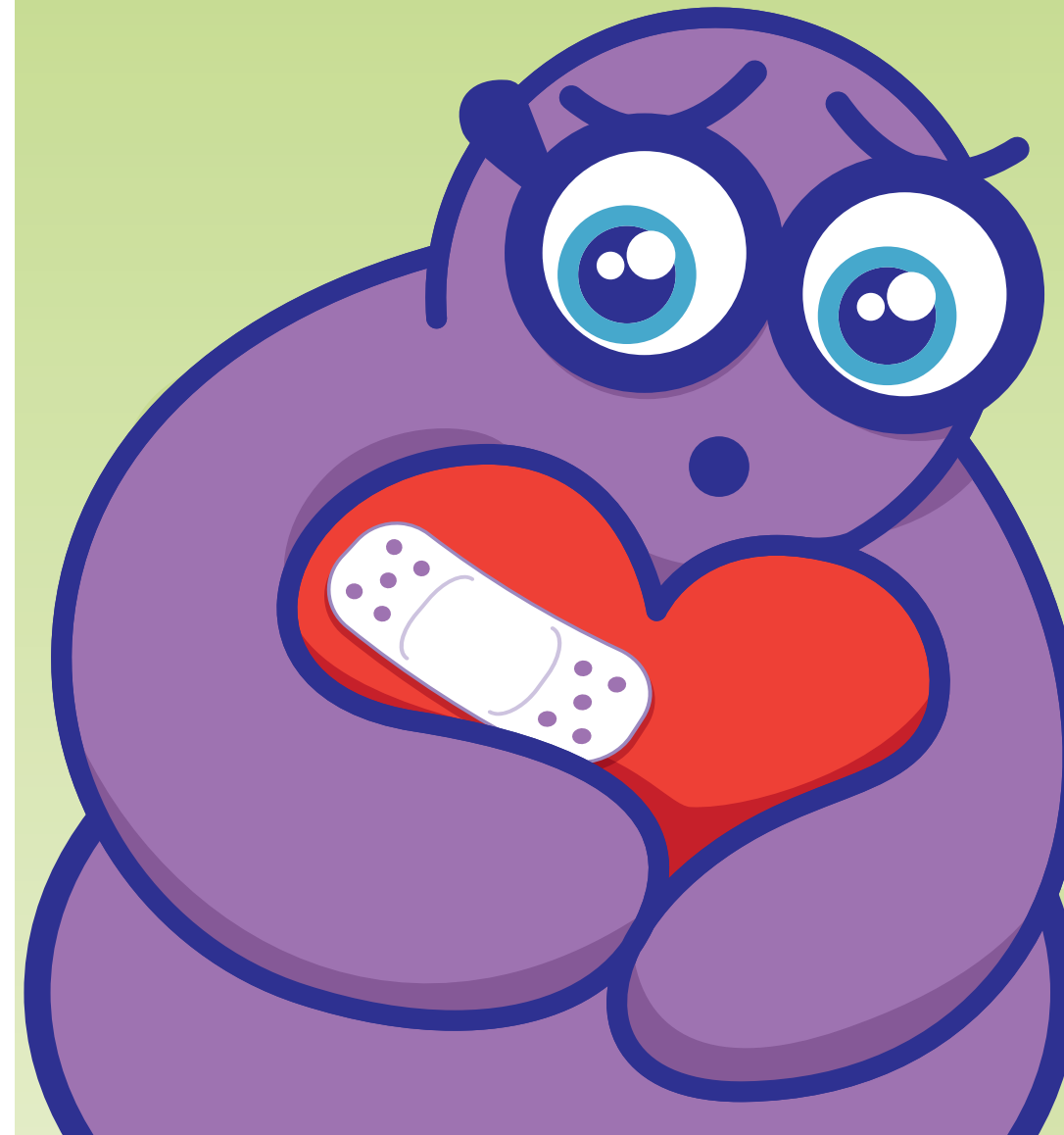
Tucker Turtle has a best friend named Purple Puff.
Purple Puff loves to play outside too.



Purple Puff is not fat, he's puffy.
His medicine makes him big and cuddly that way.



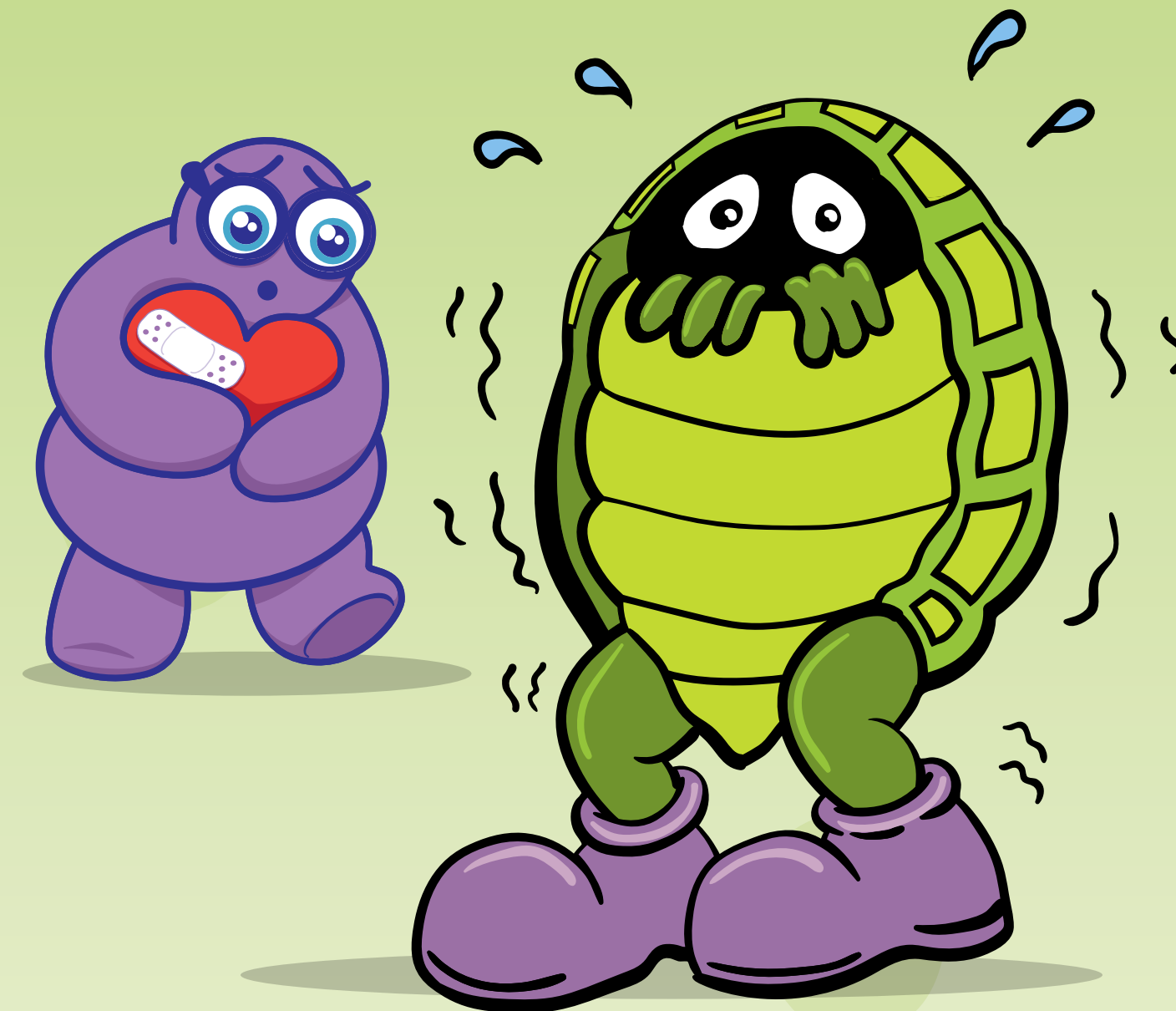
Sometimes, Purple Puff gets really scared.



Purple Puff can get scared of
taking medicine, shots, blood draws, and I.V.'s.



When Purple Puff gets scared, he feels like
running away, hiding, yelling, hitting or crying.



Tucker Turtle is a kind friend, so he helped his friend Purple Puff.

Step 1

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



Tucker Turtle taught Purple Puff that he can **stop** and keep his hands, body and yelling to himself!



Step 2



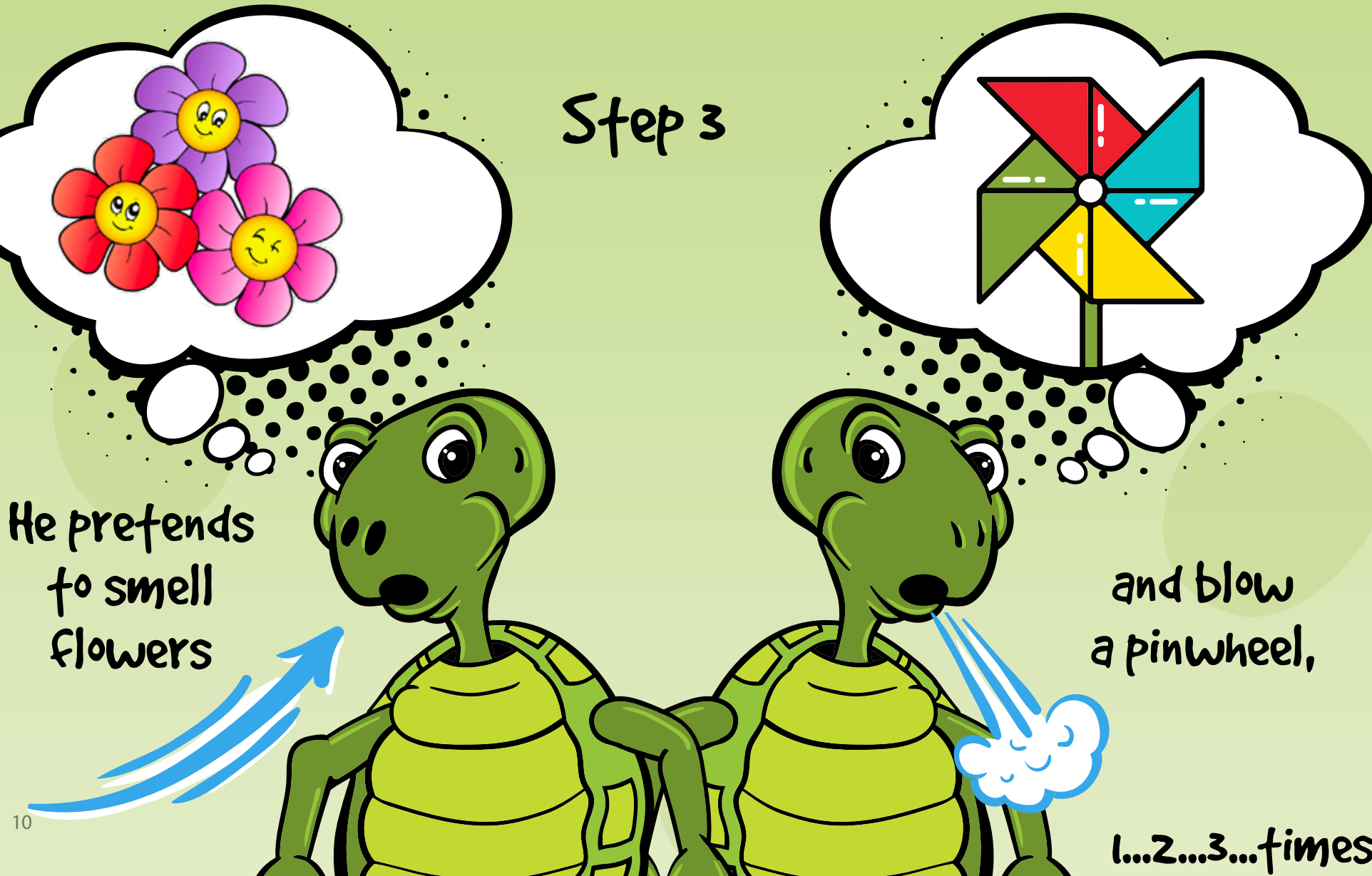
Just like Tucker Turtle, he can **Tuck** inside his shell and take 3 deep breaths to calm down.

Step 3

He pretends to smell flowers

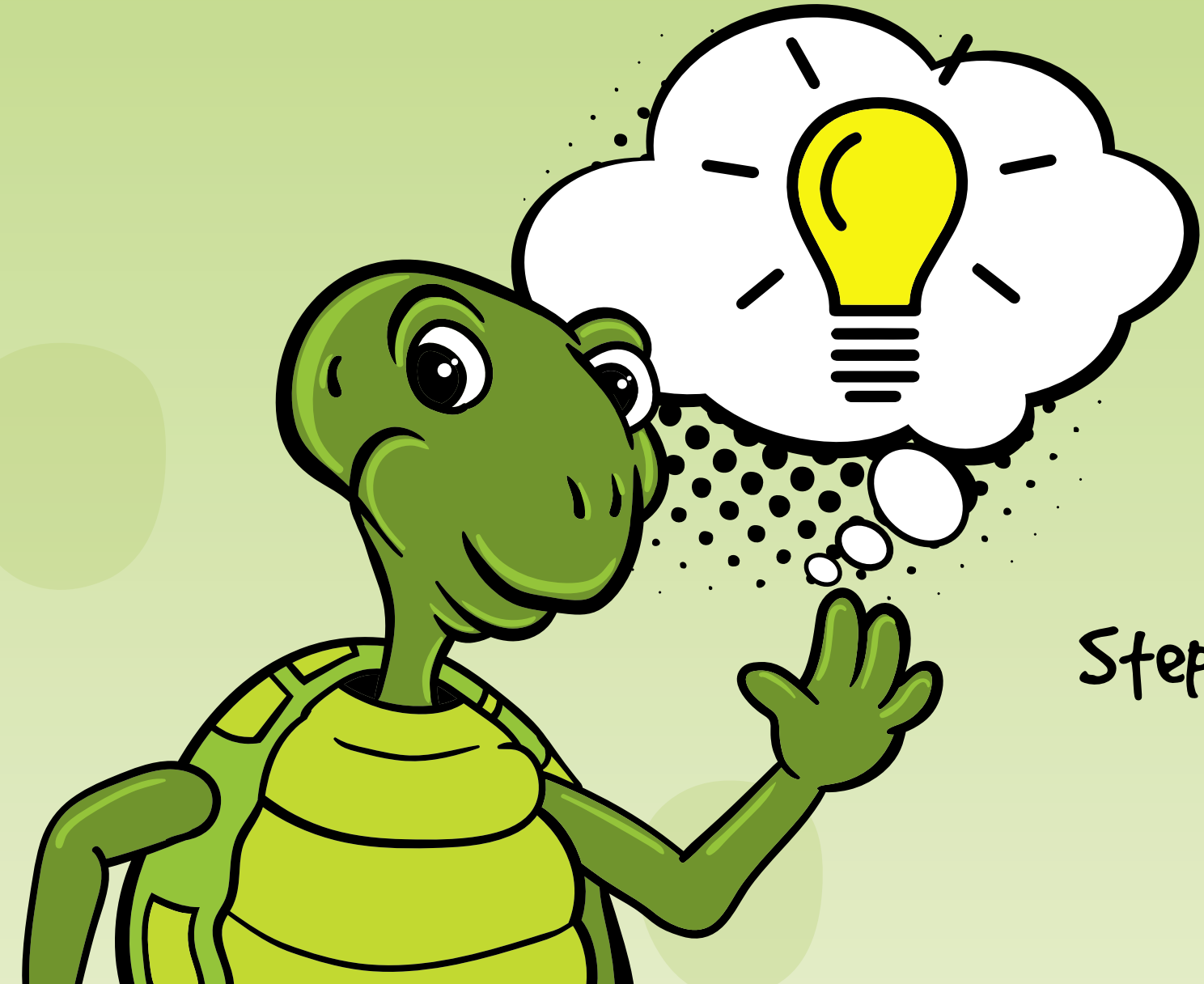
and blow a pinwheel,

1...2...3...times.



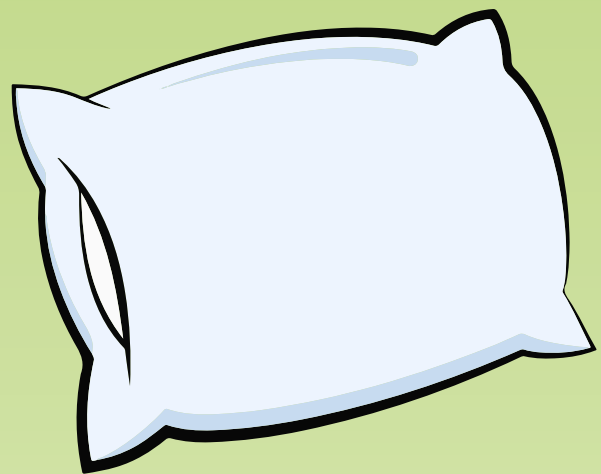
Then, he can think, think, think of a solution or a way to make it better.

Step 4

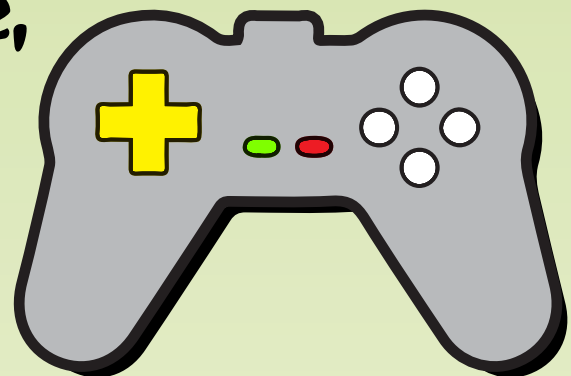


Purple Puff can make it better by:

Squeezing a
pillow,



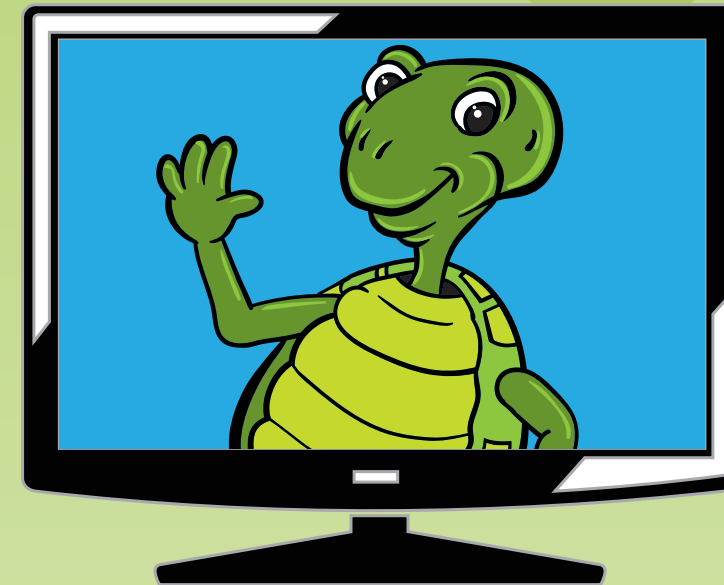
Playing a
game,



Talking to
someone,



Looking at
a book,



Watching T.V.,



Listening to music,

And even
by giving a hug.



Purple Puff's friends and family are happy when he breathes and calms down.



Happy



Tired



Loved



Embarrassed



Frustrated



Proud



They like it when he talks about his feelings, so they can help him.



Sad



Scared



Hurt



Jealous



Nervous



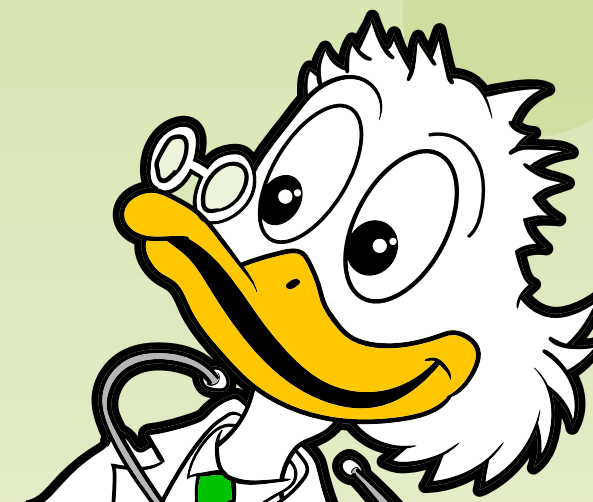
Brave



Hungry



Bored



Sometimes, it's hard for Purple Puff to take medicine or do what the doctor says.



When Purple Puff is BRAVE,
he gets a special
"Brave Patch"
to put in his pocket.

When Purple Puff is scared, he now knows how to be brave.
His friends are glad that he learned how to Tuck,
breathe and think like Tucker Turtle.



Turtle Technique

Recognize that you feel scared.

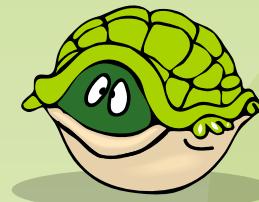


Step 1 Recognize your feeling
(scared, angry, etc.)

Step 2 Stop.



Step 3 go inside shell;
take 3 deep breaths to calm



Step 4 come out of shell when calm
and think of a solution.



Did you know that "Kids Get Arthritis Too?"

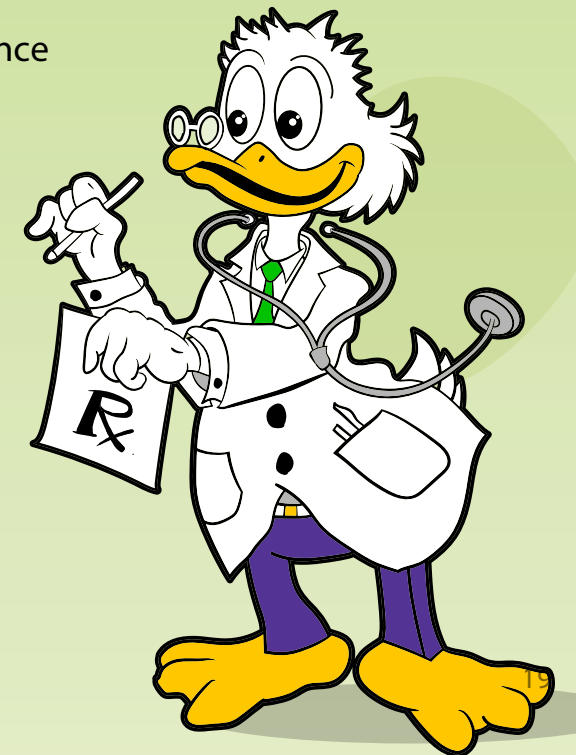
This story was written by a mother and her 11 year-old son (Parker) to help him and other children like him who have to go through scary medical treatment. Parker has systemic on-set juvenile arthritis and hypogammaglobulinemia. He started having symptoms when he was 8 years old and it took doctors two years to diagnose him with juvenile arthritis. All of Parker's joints hurt him. Over 300,000 children in the U.S. get Juvenile Arthritis, which is a rheumatic disease.

There are many forms of arthritis and it can affect people of all ages. Some people don't know that children with arthritis are not only in pain, but they can also be very tired and sometimes their tummies, internal organs and even their eyes can be affected. It is very important for children to get quick and effective treatment to slow the progression of the disease. It is also important that they exercise and eat healthy.

The doctors, nurses, families and children that we have met through this experience have truly touched our family. We all love our brave and inspiring warriors who continually battle chronic illness!

For more information about the Purple Playas Foundation, visit our website at www.purpleplayasfoundation.org

For more information about social emotional supports, visit the Pyramid Model website at www.pyramidmodel.org





By Rochelle Lentini and a very brave warrior named Parker Lentini

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