

Practice Thinking Like a Turtle

Teach your child the steps of how to control feelings and calm down ("think like a turtle").

- Step 1: Recognize your feelings.
- Step 2: Stop your body.
- Step 3: Tuck inside your "shell" and take 3 deep breaths.
- Step 4: Come out when you are calm and think of a solution.

Turtle Technique Tips

- Practice tucking like a turtle when your child is calm.
- Throughout the day, make time to practice taking 3 deep breaths.
- Model using the calming steps when your feelings are strong.
- Practice these steps frequently during routines (e.g., before playing with siblings, while reading a book, before chores, etc.).
- Use the cue cards on the next page when practicing the steps.
- Prepare for and help your child handle possible disappointment or change by reminding them to tuck and think like a turtle when they feel angry or mad.
- Offer lots of encouragement when your child tries to use the steps.
- Recognize and comment positively when your child stays calm.
- Help all family members know the Turtle Technique.

Help Children Think of Possible Solutions

- Ask for help.
- Say "Please stop."
- Wait and take turns.
- Get a timer.
- Ask for a hug.
- Take a break.
- Say, "Will you play with me?"
- Share.
- Use kind words.



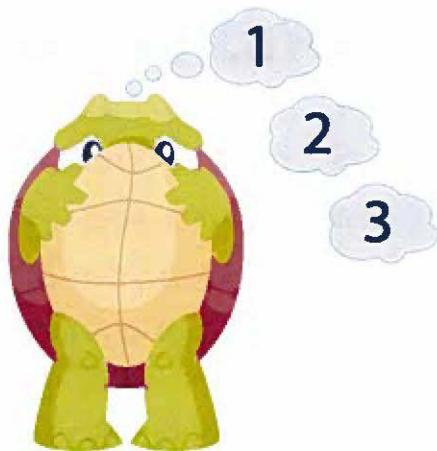
NCPMI The Turtle Technique



Step 1. Recognize your feelings.



Step 2. Stop your body.



Step 3. Tuck inside your shell and take three deep breaths.



Step 4. Come out when you are calm and think of a solution.