

TURTLE TECHNIQUE



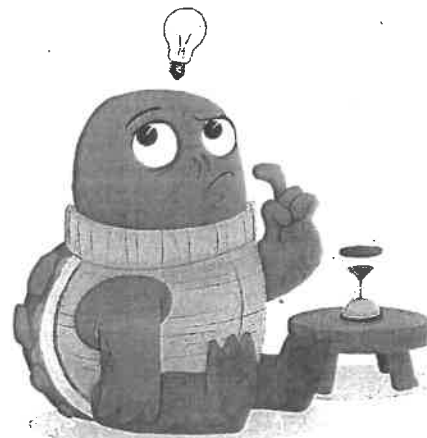
STOP



TUCK & HUG

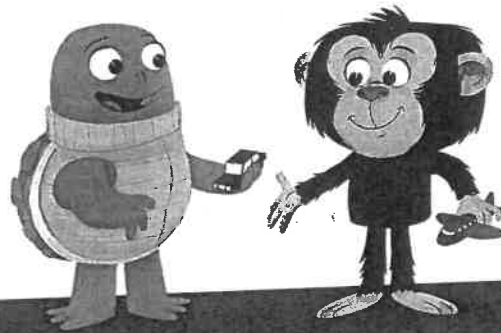


BREATHE



THINK

TUCKER TURTLE TAKE TIME TO TUCK AND THINK



Tucker and Melvin are really good friends.



Sometimes when they are playing Tucker can get angry with Melvin.



Tucker used to yell and hit Melvin but now he has learned a better way to think like a turtle when he is angry.



He can Stop, then he can Tuck and Hug and take 3 Breaths. Tucker can think of a solution so he can play with Melvin again. Tucker also learned a song to help him when he is feeling angry.

*One, two, three, Tucker needs a squeeze.
Stop, Tuck and try a Hug, then
Breathe, Breathe, Breathe.*

