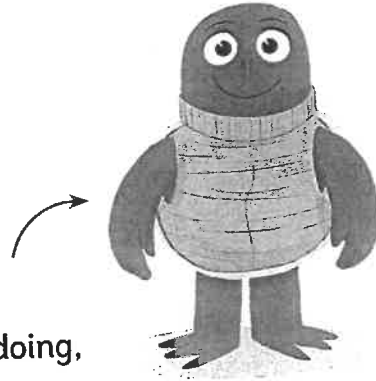




Hello Parents.

This week we learned how to do the Turtle Technique with my friend **Tucker Turtle**.

The technique reminds me to stop what I am doing, tuck and hug myself, breathe and think of solution from the Solution Centre.



Our teacher is sending a shorter version of the Turtle Technique Story home so that we can practice together at home. There is a song that goes with the story that your child can teach you. I have learned that using the Turtle Technique with an adult by my side, who is validating my feelings, helps me to calm down when I am feeling angry.

Validating can be saying things like "This is hard for you," or "You are feeling...". Sometimes saying nothing at all and just showing me your caring face is all I need to feel better.

Thanks for reading.

Melvin 
& Tucker Turtle 

★
MELVIN talks
★

