

The Turtle Technique

Read this story to the child:

Once there was a young turtle named Tim. Tim used to get very angry all the time. Sometimes he would get so angry that he would hit people. Then he would get into trouble and feel bad.

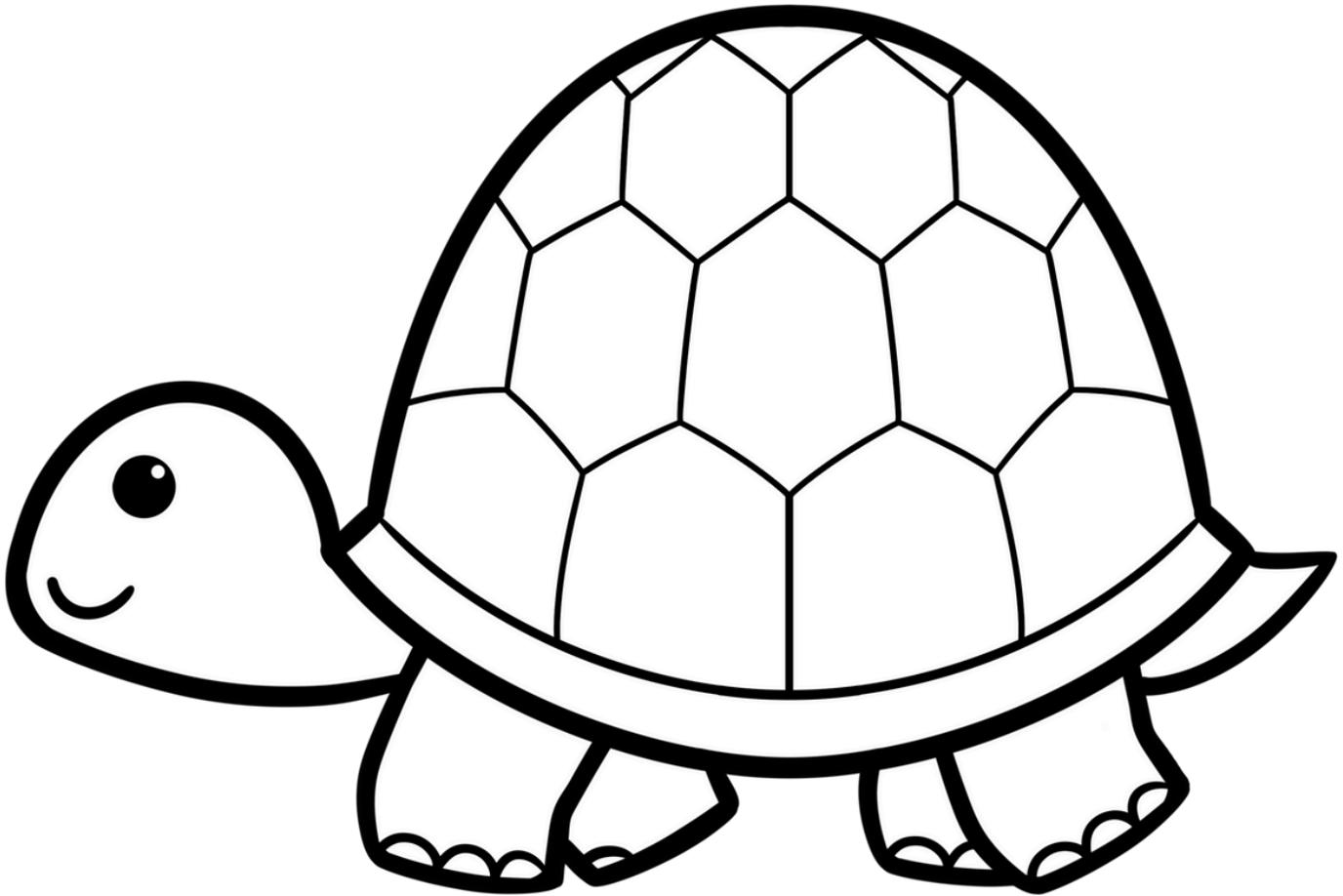
One day Tim met a wise, old turtle. The old turtle told Tim that he used to get very angry, too. "But then," he said, "I learned a new thing to do that helped a lot." "What?" asked Tim.

"I pull my head and my hands and feet into my shell like this," said the old turtle. "Then I take deep breaths until I feel better. I don't come out of my shell until I'm sure I won't hit anybody. The next day, Tim went to school. One of the other young turtles called him stupid. Tim felt himself getting very angry. Then he remembered what the wise old turtle had told him. He curled into his shell and took deep breaths until he felt calm. Then he went on with his day and did not let the other turtle bother him. Tim's teacher told him what a good turtle he was, and he felt very proud of himself. From then on, Tim used the Turtle Technique whenever he felt very angry. He made many new friends and his mom and dad were very proud of him.

Tell the child, **"You can use the Turtle Technique, too, when you feel angry. Let's practice."** Practice technique with child and discuss when to use it (use specific examples of situations that you know the child finds difficult).



Calm Down Turtle

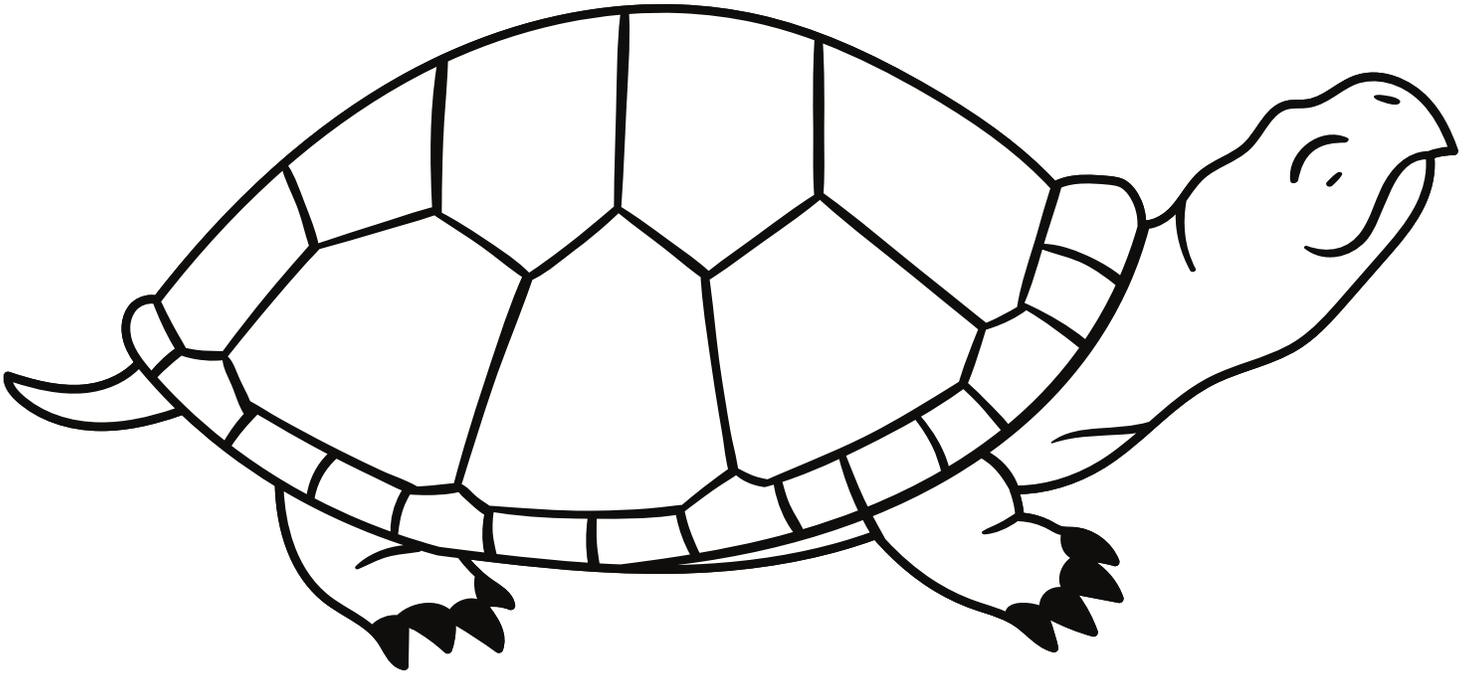


Child gets to color in 1 section of the turtle every time he/she practices the Turtle Technique. Child gets to color in 4 sections of the turtle if he/she uses the technique to calm down when he/she is mad.

4 sections = small reward _____

Whole turtle = big reward _____

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