

# Tucker Turtle Kit



## The Turtle Technique



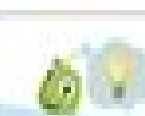
Step 1: Recognize your feelings



Step 2: Stop your body



Step 2: Stop your body



Step 4: Come out when you feel calm and free of a solution

## Tucker Turtle Time to Tuck and Think Home

A scripted story to assist with teaching the "Turtle Technique" to students with anxiety in school and any social situation



## Introducing the Turtle Technique

### Dear Families,

At NAMI, we understand that children and adolescents with mental health conditions can feel overwhelmed, anxious, and sometimes scared. The "Turtle Technique" is a simple, easy-to-learn strategy that can help them manage these feelings and stay calm in difficult situations. This kit provides a fun and engaging way to teach this technique to your child.

We also support your child's learning process by providing a variety of resources, including a storybook, a song, and a set of cards. These resources are designed to be used together to help your child understand and practice the technique.

Thank you for your commitment to your child's well-being. We are here to support you every step of the way.

For more information, please visit our website at [www.nami.org](http://www.nami.org) or call our toll-free number at 1-800-950-NAMI.

With love and support,  
NAMI

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## Tucker the Turtle Song

(Sung to the tune of "If It Ain't Broke")

Tucker the Turtle was feeling okay,  
Tucker the Turtle was feeling okay,  
Tucker the Turtle was feeling okay,  
Tucker the Turtle was feeling okay.

Tucker the Turtle was feeling okay,  
Tucker the Turtle was feeling okay,  
Tucker the Turtle was feeling okay,  
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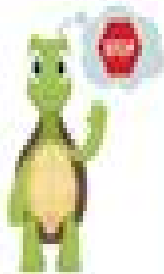
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Step 1: Recognize your feelings



Step 2: Stop your body



Step 2: Stop your body



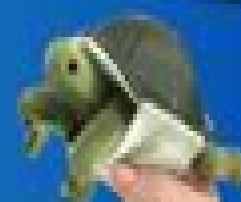
Step 4: Come out when you feel calm and free of a solution



Step 2: Stop your body



Step 4: Come out when you feel calm and free of a solution



Tucker the Turtle

# Eebmth Teacher39s Resource Kit Bk Cd Plus Series No Changes

**L Reisser**



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