

Tucker Turtle Kit



The Turtle Technique



Step 1: Recognize your feelings



Step 2: Stop your body



Step 3: Tuck in your head and take three deep breaths



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

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,

We understand that your child may be experiencing anxiety or stress in school and at home. The Tucker Turtle Technique is a simple, easy-to-use tool that can help your child manage their feelings and stay calm in difficult situations.

We hope you enjoy this story and that it helps your child learn to manage their feelings.

Thank you for your support and love.

With love, NAMI

Tucker the Turtle Song

(Sung to the tune of "Twinkle Twinkle Little Star")

Tucker the turtle was feeling angry,
Tucker the turtle was feeling angry,
Tucker the turtle was feeling angry,
Tucker the turtle was feeling angry,
Tucker the turtle was feeling angry.

Tucker the turtle was feeling sad,
Tucker the turtle was feeling sad,
Tucker the turtle was feeling sad,
Tucker the turtle was feeling sad,
Tucker the turtle was feeling sad.

Tucker the turtle was feeling calm,
Tucker the turtle was feeling calm,
Tucker the turtle was feeling calm,
Tucker the turtle was feeling calm,
Tucker the turtle was feeling calm.

Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy.

Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
Tucker the turtle was feeling free.

Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
Tucker the turtle was feeling love.

Tucker the turtle was feeling good,
Tucker the turtle was feeling good,
Tucker the turtle was feeling good,
Tucker the turtle was feeling good,
Tucker the turtle was feeling good.

Tucker the turtle was feeling great,
Tucker the turtle was feeling great,
Tucker the turtle was feeling great,
Tucker the turtle was feeling great,
Tucker the turtle was feeling great.

Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy.

Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
Tucker the turtle was feeling free.

Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
Tucker the turtle was feeling love.

Tucker the turtle was feeling good,
Tucker the turtle was feeling good,
Tucker the turtle was feeling good,
Tucker the turtle was feeling good,
Tucker the turtle was feeling good.

Tucker the turtle was feeling great,
Tucker the turtle was feeling great,
Tucker the turtle was feeling great,
Tucker the turtle was feeling great,
Tucker the turtle was feeling great.

Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy.

Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
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Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
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Tucker the turtle was feeling good,
Tucker the turtle was feeling good,
Tucker the turtle was feeling good,
Tucker the turtle was feeling good,
Tucker the turtle was feeling good.

Tucker the turtle was feeling great,
Tucker the turtle was feeling great,
Tucker the turtle was feeling great,
Tucker the turtle was feeling great,
Tucker the turtle was feeling great.

Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy.

Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
Tucker the turtle was feeling free,
Tucker the turtle was feeling free.

Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
Tucker the turtle was feeling love,
Tucker the turtle was feeling love.



Step 1: Recognize your feelings



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More questions about the Tucker Turtle Technique? Visit our website at www.nami.org/tucker-turtle-technique

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