

# Tucker Turtle Kit



## The Turtle Technique



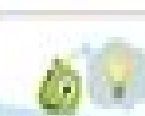
Step 1: Recognize your feelings



Step 2: Stop your body



Step 3: Tuck from your chest 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,

At NAMI, we understand that children and adolescents with mental health conditions can experience a wide range of emotions, including anxiety. One effective tool to help manage anxiety is the "Turtle Technique," which teaches children how to recognize their feelings, stop their body, tuck from their chest, and take three deep breaths before coming out when they feel calm and free of a bad day.

We are excited to share this resource with you and hope it will be a helpful tool for your child. Please contact us if you have any questions or need further assistance.

Thank you for your support and partnership with NAMI.

For more information, please visit our website at [www.nami.org](http://www.nami.org).

Have questions about the Turtle Technique? Please contact our support team.

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## Tucker the Turtle Song

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

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



Step 2: Stop your body



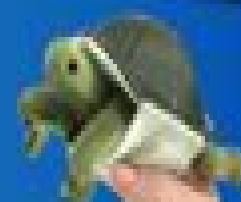
Step 3: Tuck from your chest and take three deep breaths



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



Step 3: Tuck from your chest and take three deep breaths



# Eebmth Teacher39s Resource Kit Bk Cd Plus Series No Changes

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