

Tucker Turtle Kit



The Turtle Technique



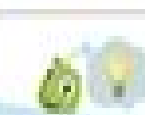
Step 1: Recognize your feelings



Step 2: Stop your body



Step 3: Tuck inside your shell and take those 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 preschoolers living in Canada and other isolated communities



Introducing the Turtle Technique

Dear Families,

We are excited to introduce you to the Tucker Turtle Kit, a resource designed to help your child learn the "Turtle Technique" to manage their feelings and stay calm when they are upset. Tucker the Turtle is a friendly character who can help your child understand their feelings and learn how to manage them.

We also support your child's learning process by providing a series of activities and games that can be used to reinforce the "Turtle Technique" and help your child stay calm and focused.

Tucker the Turtle Song

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

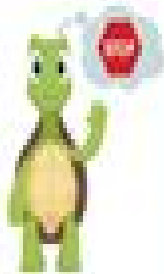
Tucker the Turtle was feeling angry,
Tucker the Turtle was feeling angry,
Tucker the Turtle was feeling angry,
Tucker the Turtle was feeling angry,
Tucker the Turtle was feeling angry.

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.



Step 1: Recognize your feelings



Step 2: Stop your body



Step 3: Tuck inside your shell and take those deep breaths



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

For more information, please visit our website at www.ncfm.ca or call us at 1-800-387-3873.

Thank you for your support of the Tucker Turtle Kit.



Step 3: Tuck inside your shell and take those deep breaths



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