

Tucker Turtle Kit



The Turtle Technique



Step 1: Recognize your feelings



Step 2: Stop your body



Step 3: Tuck inside your shell 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 very social situations



Introducing the Turtle Technique

Dear Teachers:

At NAMI, we understand that children and adolescents with mental health conditions can feel overwhelmed, anxious, and sometimes scared. The Tucker Turtle Technique is a simple, easy-to-use tool that can help children and adolescents manage their feelings and stay calm in difficult situations.

We are excited to share this resource with you.

Thank you for all you do to support your students.

Sincerely,

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.

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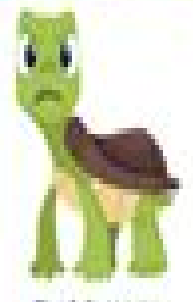
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Step 1: Recognize your feelings



Step 2: Stop your body



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



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

For more information on the Tucker Turtle Technique, visit www.nami.org.

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