

Tucker Turtle Kit



The Turtle Technique



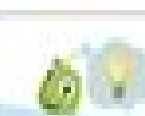
Step 1: Recognize your feelings



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 preschool children living in Canada and other isolated communities



Introducing the Turtle Technique

Dear Families,

We are pleased to introduce you to the Tucker Turtle Kit, a resource designed to help your child learn the "Turtle Technique" to manage their feelings and emotions. This technique is a simple, easy-to-learn strategy that can be used by children of all ages and abilities. It is a powerful tool that can help your child feel calm and free of a bad day.

We also support your child's learning process by...

...providing you with a copy of the Tucker Turtle Kit, which includes a copy of the Tucker Turtle Song, a copy of the Tucker Turtle Technique, and a copy of the Tucker Turtle Kit.

We hope you find this resource helpful and that your child enjoys learning the Tucker Turtle Technique.

Thank you for your support and for helping your child learn the Tucker Turtle Technique.

With love and support, NCFM

For more information, please visit our website at www.ncfm.ca.

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Tucker the Turtle Song

(Sing 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.

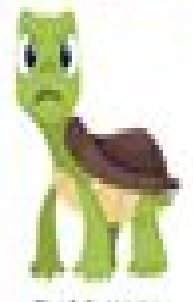
Tucker the turtle was feeling calm,
Tucker the turtle was feeling calm,
Tucker the turtle was feeling calm,
Tucker the turtle was feeling calm,
Tucker the turtle was feeling calm.

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 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.



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



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



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G Psacharopoulos



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