

# THOUGHTFUL THURSDAYS

## TUCKER THE TURTLE

HELP CHILDREN THINK LIKE  
TUCKER TURTLE TO LEARN  
HOW TO SELF REGULATE  
THEIR EMOTIONS

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# TUCKER TURTLE

Emotions can be difficult for children to understand and know how to work through them.

Tucker the Turtle is a scripted story that helps teach children how to take deep breathes and work through difficult emotions!

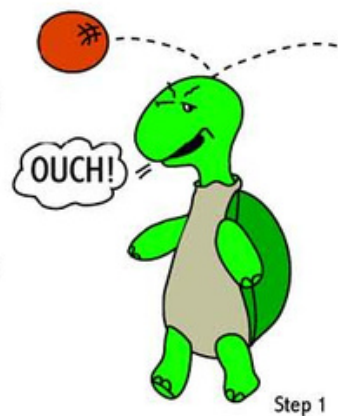


# HOW TO:

## Turtle Technique

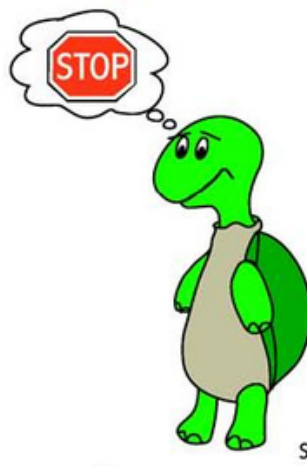
**1**

Recognize  
that you  
feel angry.



**2**

“Think”  
Stop.



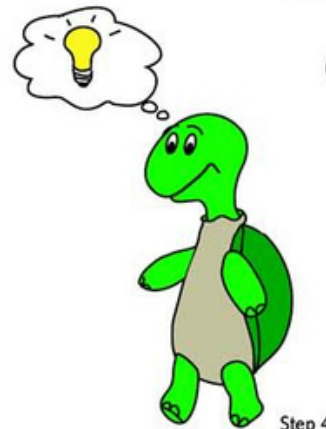
**3**

Go into shell.  
Take 3  
deep  
breathes.  
And think  
calm,  
coping  
thoughts.



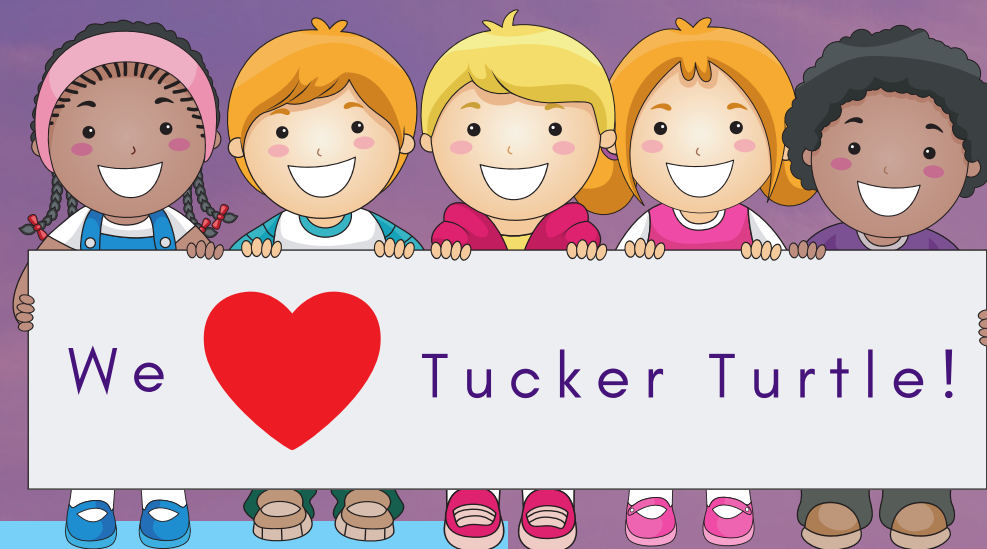
**4**

Come out of  
shell  
when  
calm and  
thinking  
of a  
solution.



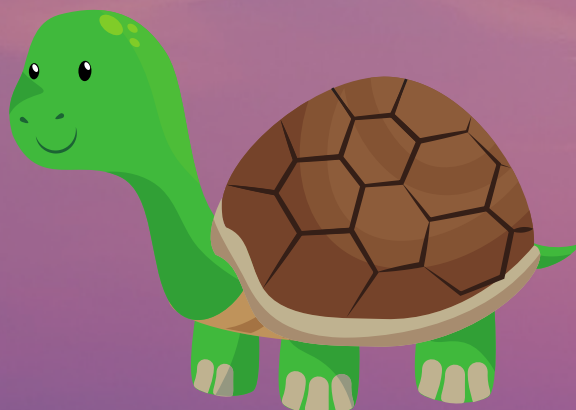
# BENEFITS:

Teaching children how to take deep breathes when they are upset is a great way to show your children how to regulate their emotions.



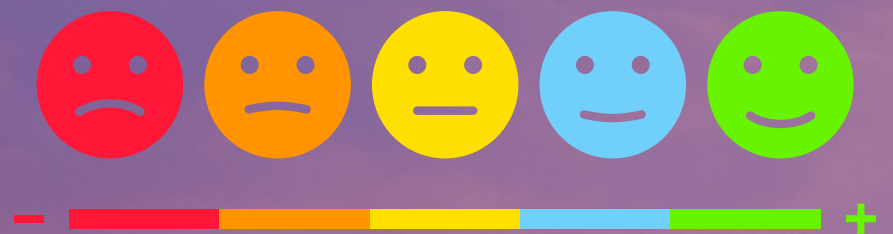
Encourages children to work with a solution to solve their problem.

That's thinking like Tucker Turtle!



Teaches children how to recognize emotions that may differ depending on the situation.

# SHARE WITH US!



Have you ever heard of Tucker Turtle? If so, where was it used?

How have you approached talking about emotions with your child?

Share with us on Facebook or Instagram!  
**#bartonlabshares**

