

Positive Behavior Support Newsletter

January

Topic of the Month: *Tucker Turtle*

Learn the secret of the turtle tuck and how the turtle uses his shell to help him calm down!

Step 1: Recognize that you feel angry

Step 2: Think "STOP"

Step 3: Go into your "shell" and take 3 deep breaths and think calming thoughts and solutions.

Step 4: Come out of your "shell" when you are calm and try some of your solutions.

There are many ways you can teach your child this calming technique.

Read Tucker Turtle social story.

Make a Tucker Turtle

Look at real photos of turtles and discuss how they go in their shells when they are experiencing feelings.

A great way to teach this technique is by modeling it. Show your child that you use the turtle tuck when you become frustrated.

*"Every child needs
someone who is crazy
about him/her."*

Book Nook:

-Llama Llama Mad at Mama
by Anna Dewdney

-Sometimes I'm Bombaloo
by Rachel Vail

-When I'm Feeling Angry
by Trace Moroney.

Craft Corner:

Tucker Turtle

Make a tucker turtle out of a paper plate for the body. Let your child decorate the body any way they would like. Use crayons, glitter or markers. Use construction paper for the legs and arms of a turtle and tape them to the colored paper plate. Fold the arms and legs in towards the belly and read the story together.

Positive Phrasing

Catch your child being good and use verbal praise. For example, thank you for using your words or I see you are using your walking feet!



Go for a walk and collect items found on your walk. Then create a turtle using only the objects found. Be creative and allow your child to use their imagination.

Interested in more
information?
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