

Tucker Turtle Kit



The Turtle Technique



Step 1: Recognize your feelings



Step 2: Stop your body



Step 3: Tuck in your thoughts



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 any social situation.



Introducing the Turtle Technique

Dear Families,

We are excited to introduce the Tucker Turtle Kit to your family. This kit is designed to help your child learn the "Turtle Technique" and manage their anxiety in school and any social situation. The kit includes a storybook, a song, and a set of cards that guide your child through the steps of the technique.

We also suggest you read the storybook to your child.

Thank you for your support and partnership with us.

Sincerely,
NAMI

Tucker the Turtle Song

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

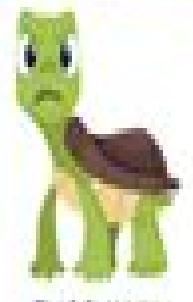
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy,
Tucker the turtle was feeling happy.

Tucker the turtle was feeling 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 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 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 in your thoughts



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

For more information, please visit our website at www.nami.org or call 1-800-950-NAMI.

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Eebmth Teacher39s Resource Kit Bk Cd Plus Series No Changes

Tao Wei



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