Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with teaching the “Turtle Technique”

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Tucker Turtle is a terrific turtle. He likes to play with his friends at Sunny Stream School.
Sunny Stream School is closed because the world caught a cold. Everyone has to stay at home so that we don’t get its germs.
Tucker misses his teachers and his friends. Sometimes he feels sad and worried. Sometimes he feels confused.
Sometimes things happen that can make Tucker feel really mad and disappointed.
Can we go outside to play?

Not today.
Tucker feels mad and disappointed when he can’t go outside or to the park. Sometimes he gets so mad that he yells, hits and kicks!
Tucker’s mom helps by saying, “I see how mad and sad you feel right now!! This isn’t for forever. Just for a time.”

Staying inside is not easy, Tucker. You feel really MAD about it!
Mom can help Tucker calm down when he feels mad.
Mom and Tucker can **stop** and **name the feeling**.

- I feel disappointed.
- I feel mad.
- I feel sad.
- I feel frustrated.
Mom and Tucker can **tuck** inside their shells and take **3 deep breaths** to calm down.
Mom and Tucker can then think of a way to make it better.
There’s still fun to have inside!
Tucker and his family can all take deep breaths when they feel upset about too much staying inside.
But sometimes, Tucker can EVEN take deep breaths all by himself!

1...2...3...