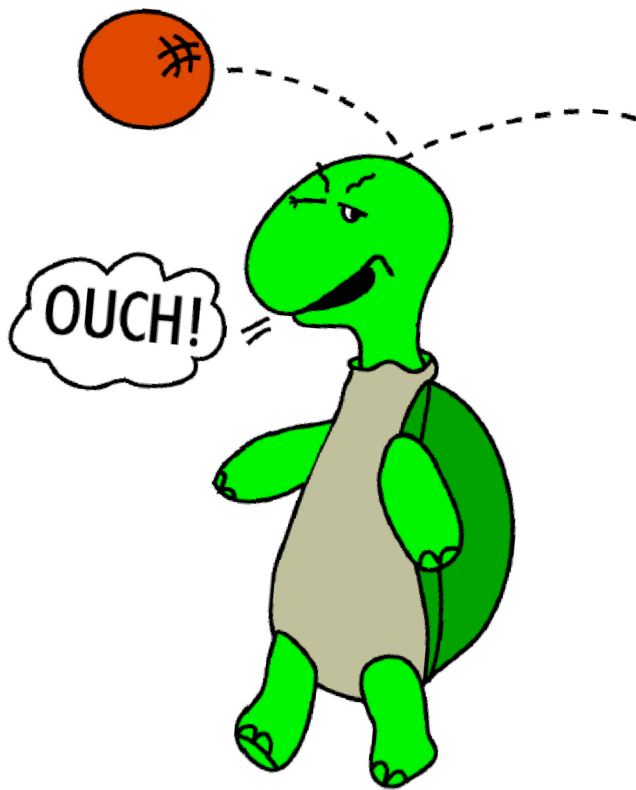


## **The Turtle Technique Book**

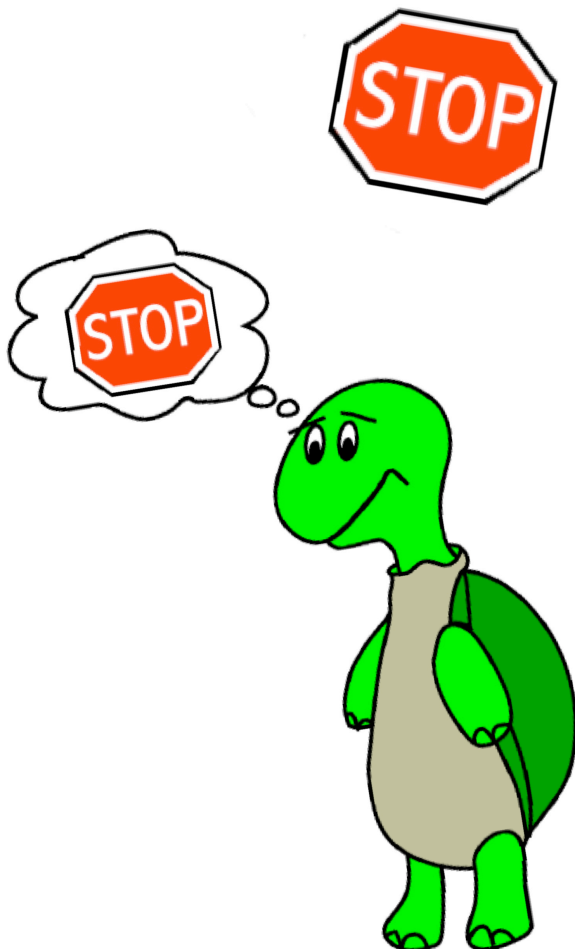
by Gerry Morgan, adapted from CSEFEL materials



I like being at school. I am usually happy because I have lots of fun playing with toys and playing with my friends.



But sometimes I get upset.  
Sometimes it feels like I'm  
mad, or hurt, or frustrated.  
It's kinda like something hit  
me over the head, and I have  
a very big OUCH!



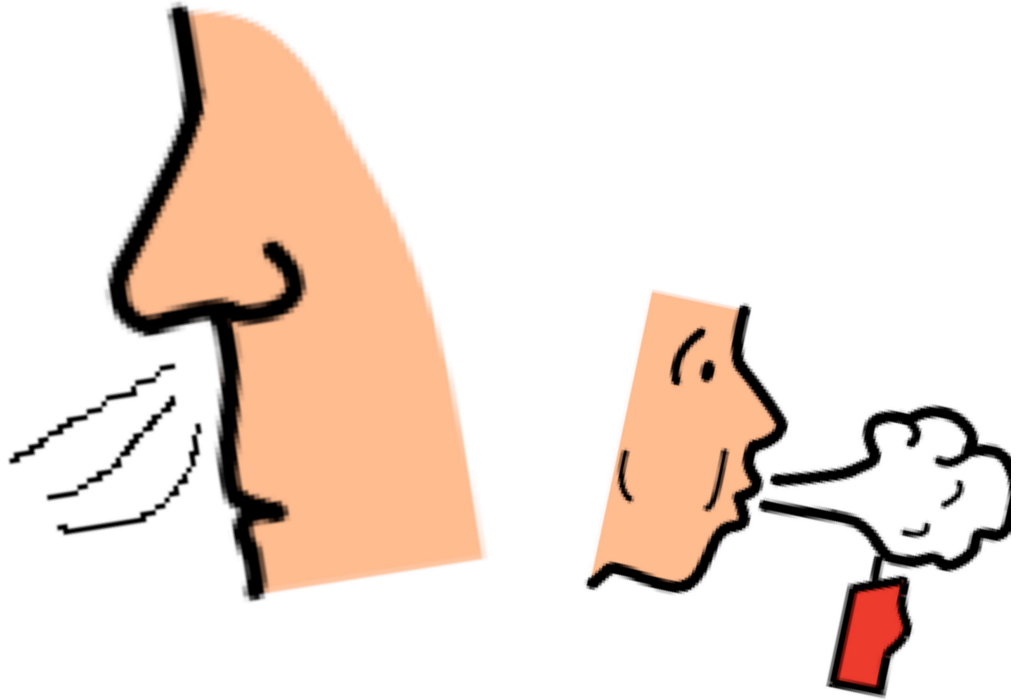
Sometimes I make choices  
that aren't safe when I'm  
upset. I might yell or hit or  
break something if I'm upset,  
and that's not safe. So before  
I do something unsafe, I  
need to STOP!

I actually think to myself, in  
my head, "STOP!"

Then I go into my shell.  
Turtles go into their shells to  
keep themselves safe. I go  
into my shell to help me  
make safe choices.



While I'm in my shell, I take  
three deep breaths. This  
helps me to calm down, to  
make me feel more relaxed,  
before I make a choice. I  
count to three while I take  
my deep breaths-- 1-2-3.

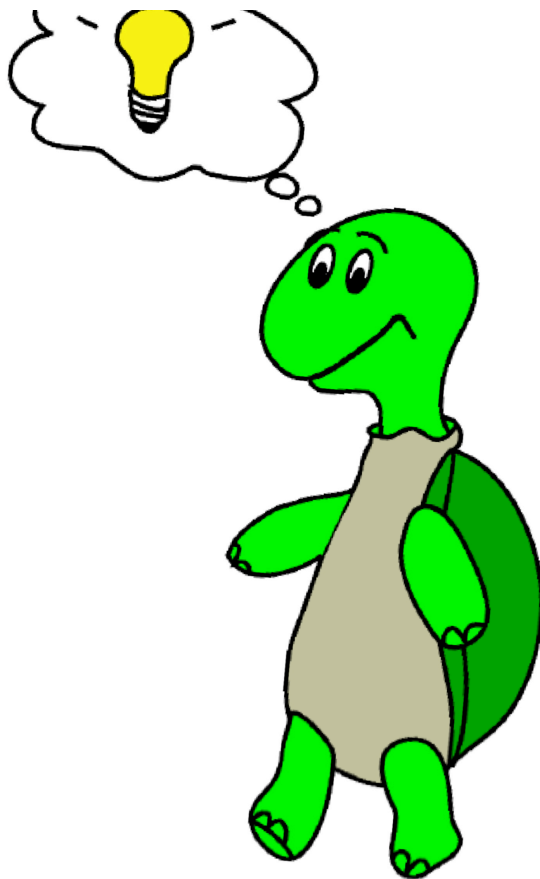


When I take a deep calming breath, I breath in through my nose, like I'm smelling something good-- like cookies baking!

Then I slowly blow the breath out of my mouth, like I'm blowing out candles on a birthday cake!



When I am calm and relaxed and not upset, then I come back out of my shell. Now I'm ready to make safe choices.



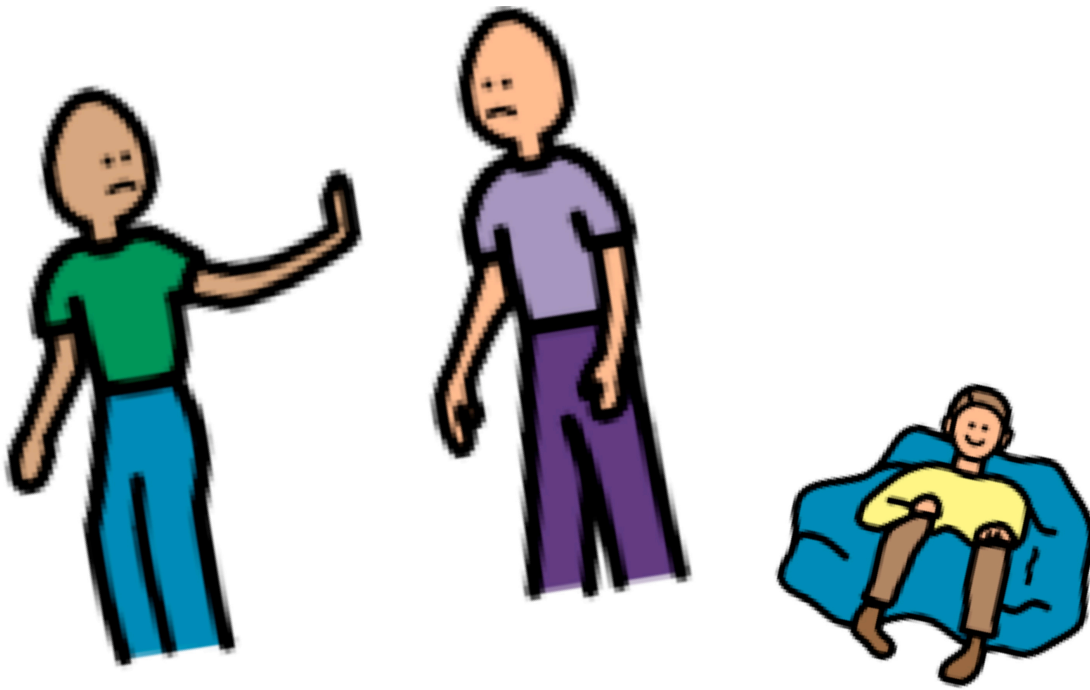
I need to  
THINK-THINK-THINK  
of an idea that is safe and  
will help me do what I need  
to do.

When I think of the idea, it's  
almost like a light has turned  
on in my head, like a light  
bulb!

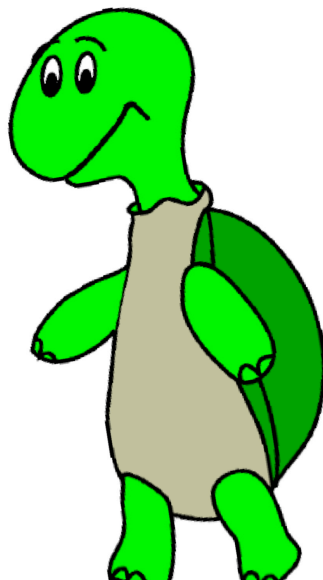


My idea, my safe choice,  
might be to tell my friend  
what I need or why I'm  
upset, or that I don't like  
something that just  
happened. I use a calm,  
quiet, gentle voice when I  
use my words.

Or I could ask my friend to  
help me solve my problem.



I may not want to talk to anyone or play with anyone for a while. I may want some time to be alone, so my choice may be to take a break. I can find a quiet, safe place to take a break. Then I'll be ready to go back to playing...



When I make safe choices with my friends and family and teachers, then I can be safe, they can be safe, and I can feel calm and happy at school.

## The End

