

Teaching Your Child “Turtle”

(read aloud with your child)

1. I am going to show you the *Turtle*. Not an actual, live turtle! I will show you how to do a thing called *Turtle*. It is what to do when you have extra energy, like running all over the place, or feeling very mad. Too much energy or too much mad sometimes gets you into trouble. The reason to do *Turtle* is because it helps you feel better, and stay out of trouble. Because you are the boss of your body, you can relax and feel better.
2. First, stand with your feet a little bit apart, and shoulders normal tall.
3. Next, bring your bottom all the way down to your heels. But don't sit down! If you topple, just try again.
4. Now, bring one arm across your legs and the other arm across your knees.



5. If you want, you can put your chin or your nose on your knees. Everything should feel scrunched up. But it should not hurt. Be gentle.
6. Now, staying there, give yourself the biggest hug ever. THAT is the *Turtle*. Stay there, and count to 5 while you do the *Turtle*.
7. Great job! You can do the *Turtle* as long as you need to or want to. You may stop when your body feels calm and safe.
8. The last thing to know is: You **HAVE** to practice *Turtle* or it won't work. Just like you practice (baseball, piano, reading, tying your shoes), you have to practice *Turtle* to get good at it. You should practice it when you feel good and happy. That way, you will be an expert *Turtle* when you get too much energy or too much anger.
9. Remember, you are the boss of your body. You can feel better by doing *Turtle*.



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