

# Pyramid Model

## Strategy of the Month

# TUCKER TURTLE

### Who is Tucker Turtle?

Tucker Turtle is a character in a simple social story called "Tucker Turtle Takes Time to Tuck and Think" he helps us teach children how to manage their anger. In the story a turtle named "Tucker" knows how to effectively deal with feeling mad. He serves as a role model for children to learn how to recognize and act appropriately when a situation makes them angry.

### How does your child use this strategy?

The story about Tucker Turtle specifically talks about the steps for dealing with anger. This story is read to children and they practice, as Tucker does, how to recognize their feelings, tuck into their "shells," take deep breaths, and emerge with solutions to solve their problem. Tucker Turtle is an important part of our classrooms and his name is used to cue children of how to appropriately deal with their anger.

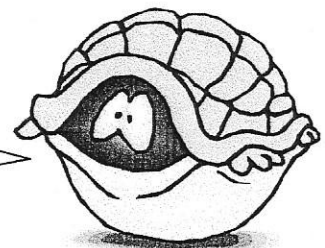
### How does it help support their social-emotional development?

Directly teaching children how to recognize and manage the feelings of anger and disappointment helps them regulate their own behavior. Practicing these skills when they are calm and receptive helps ensure that they will be able to implement the steps when they have an angry moment. Teaching young children how to calm themselves, think through a situation, and use problem solving skills rather than aggression is a lifelong skill that will carry them through to adulthood.

### How can you try this at home?

Tucker Turtle can be a part of your family too! Talk with your child about Tucker, practice how to tuck and think with your child when everyone is calm, and most importantly... MODEL these steps when YOU FEEL ANGRY! (Modeling behavior is the most powerful teaching tool adults can use- children will do what we do more often than doing what we say!)

*Ask your child's teacher more about **Tucker Turtle** and how you can use this strategy with your own child!*



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