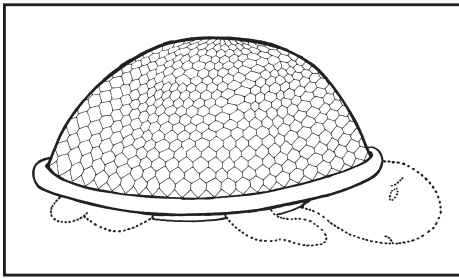


PATHS[®]

Parent/Caregiver-Child Activity

Twiggle Learns to Do Turtle— Using the Turtle Technique

Lesson 15



At school, your child is learning to control his or her behavior and address problems by doing Turtle. This is part of the PATHS curriculum. If you remember, PATHS lessons teach children self-control, emotional understanding, and problem solving—both at home and at school. You can help your child learn self-control by encouraging him or her to do Turtle at home, as well as at school.

What is doing Turtle?

- Doing Turtle means using the Turtle Technique.
- Doing Turtle teaches your child how to calm down. When your child is calm, it is easier for him or her to understand how he or she feels and to think about the choices he or she has before acting.
- There are 3 steps for doing the Turtle sequence:
 1. Tell yourself to stop! (Fold your arms across your chest.)
 2. Take a deep breath.
 3. Say the problem and how you feel. (For example, “I feel... because...,” as in “I feel angry because my friend is not sharing the toys.”)

Your child learned about doing Turtle through a story we read in class. A home copy is included with this handout.

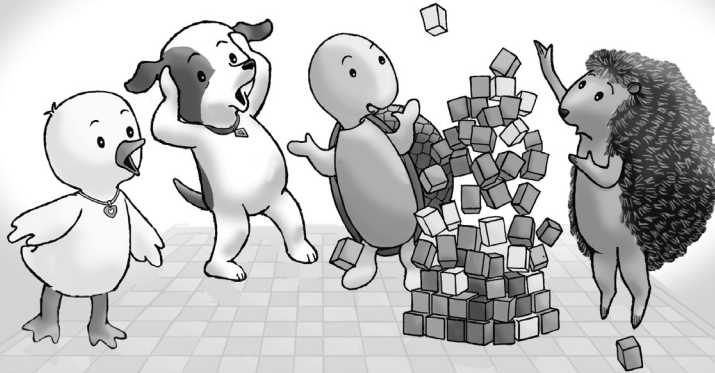
ACTIVITY:

Read *Twiggle Learns to Do Turtle* with your child. Ask him or her why Twiggle needed to calm down.



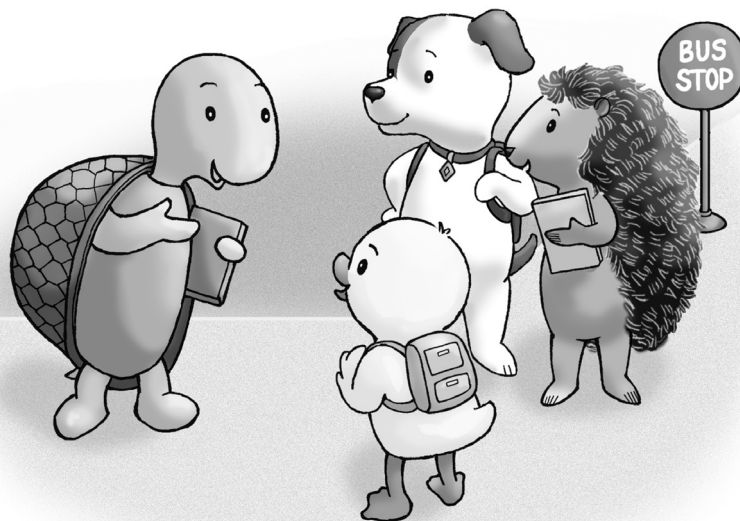
Twiggie and his friends

Twiggie Learns to Do Turtle



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Carol A. Kusché, Ph.D. • Rebecca C. Cortes, Ph.D.

1



Part 1

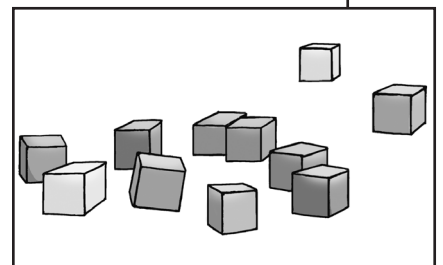
Twiggie the turtle liked going to school. At school, he saw his friends Henrietta the hedgehog, Daphne the duck and Duke the dog.

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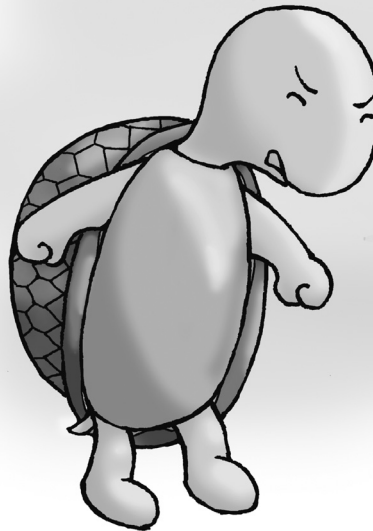


Twiddle liked his teacher, Miss Cathy. He liked Circle Time and having cheese crackers for snack.

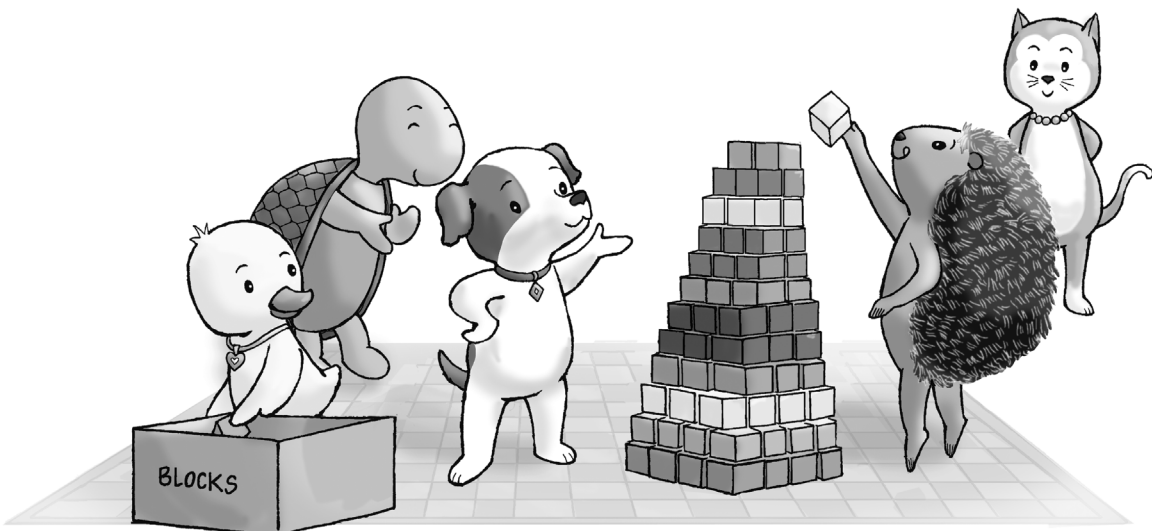
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Twiddle's favorite place to play was the block area. Most days, Twiddle and his friends had fun playing together.

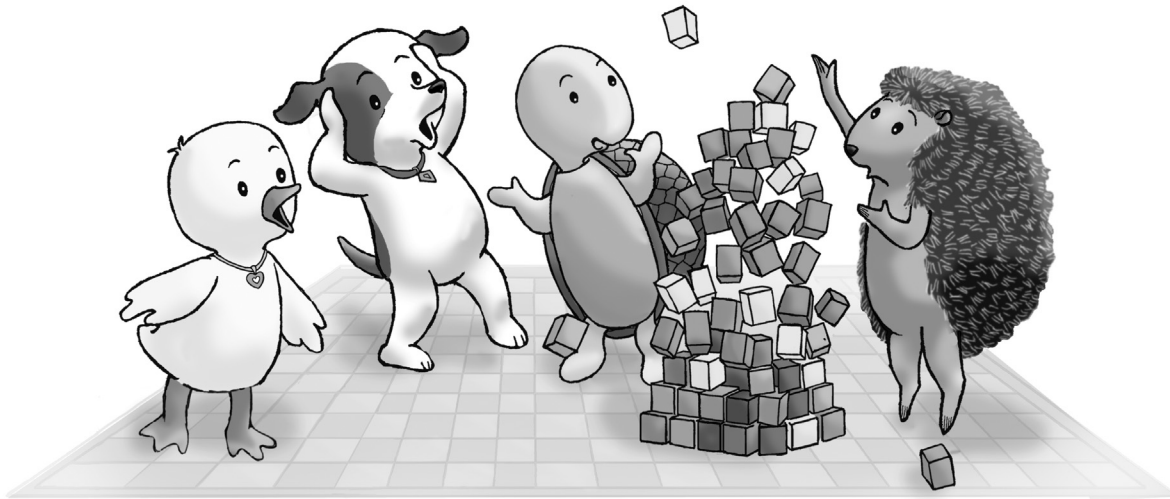


But sometimes, if Twiggie felt sad or mad, he would say or do mean things.



One day, Twiggie and his friends built a super tower in the block area. Henrietta decided the super tower needed one more block. She stood on tiptoe to reach the top of the tower.

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All of a sudden, there was a loud crash. The super tower came tumbling down.

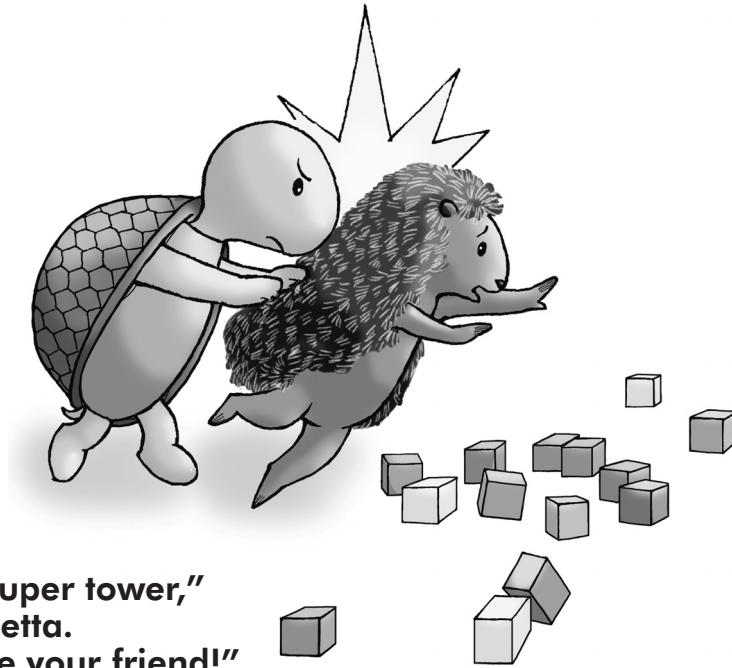
The blocks fell all over the floor.

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Twiggie felt very, very angry inside. His heart was beating very fast. He felt like he was going to blow up.

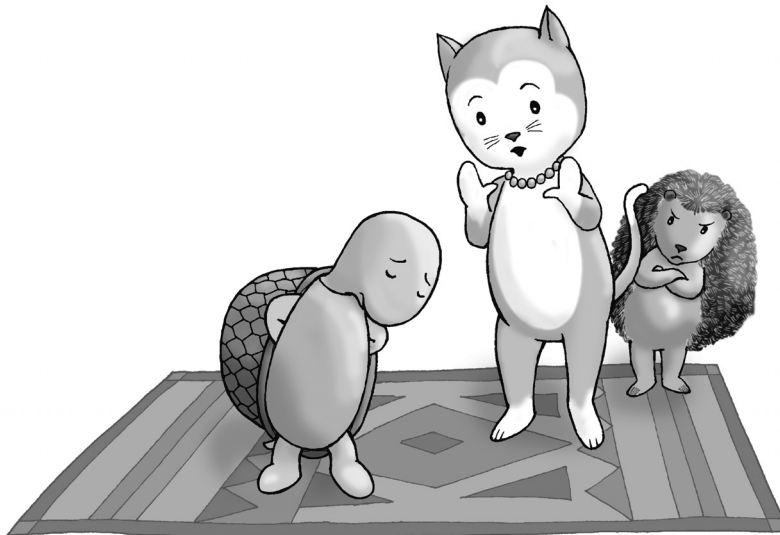
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**"You ruined our super tower,"
he yelled at Henrietta.
"I don't want to be your friend!"**

**Twiggie was so mad that he pushed Henrietta on top of the blocks.
Henrietta felt scared. The blocks hurt her when she fell on them.
Her feelings were hurt, too.**

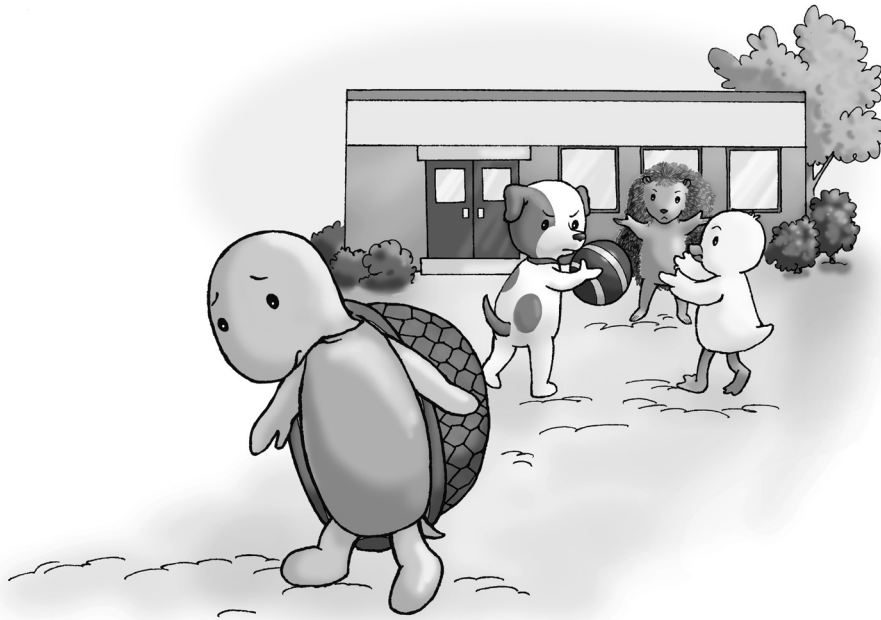
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**Miss Cathy said, "Twiggie, I know you are angry, but yelling
at Henrietta and pushing her down are not OK choices in
our classroom."**

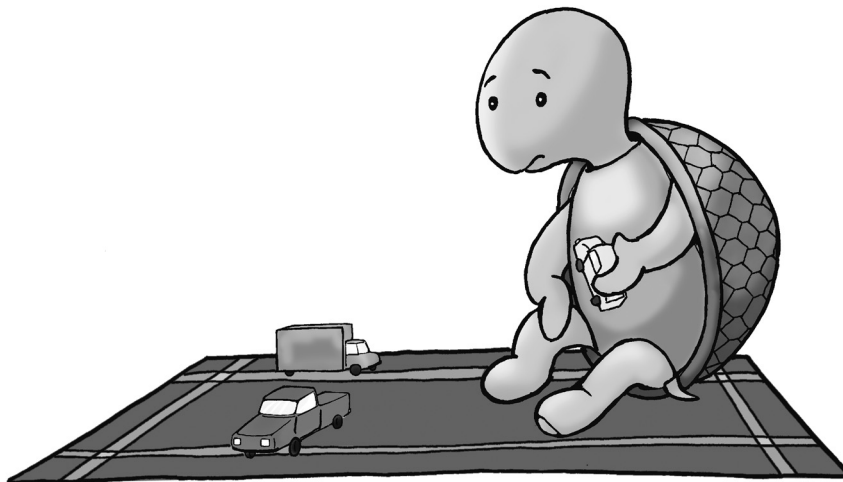
**"Tomorrow," she said, "I want you to talk to my friend. His
name is Wise Old Turtle. He will help you learn how to calm
down when you are upset."**

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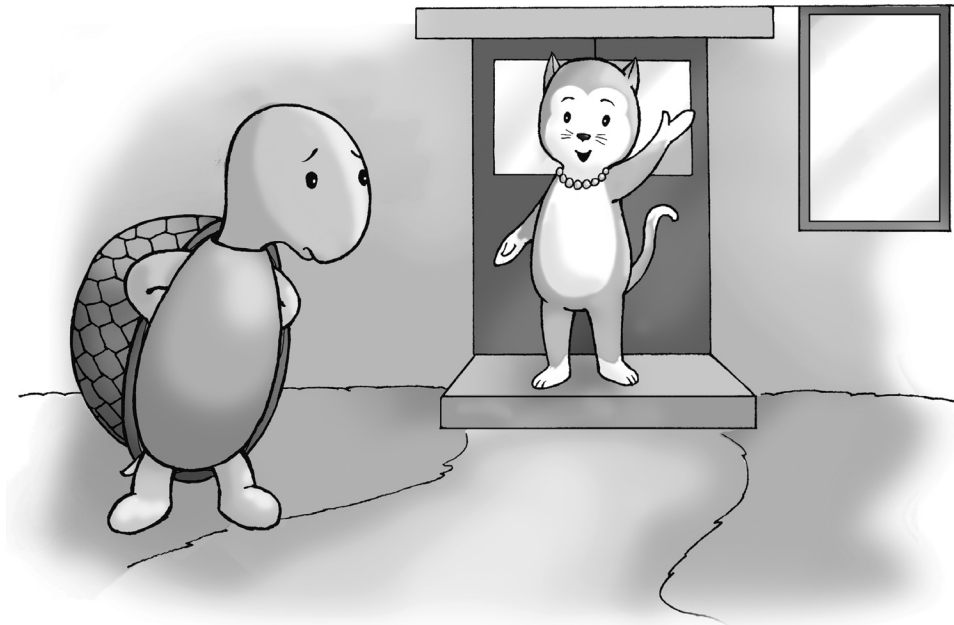
For the rest of the day, Twiggie's friends stayed away from him. On the way home from school, no one wanted to sit next to Twiggie on the bus. Twiggie felt lonely without his friends.

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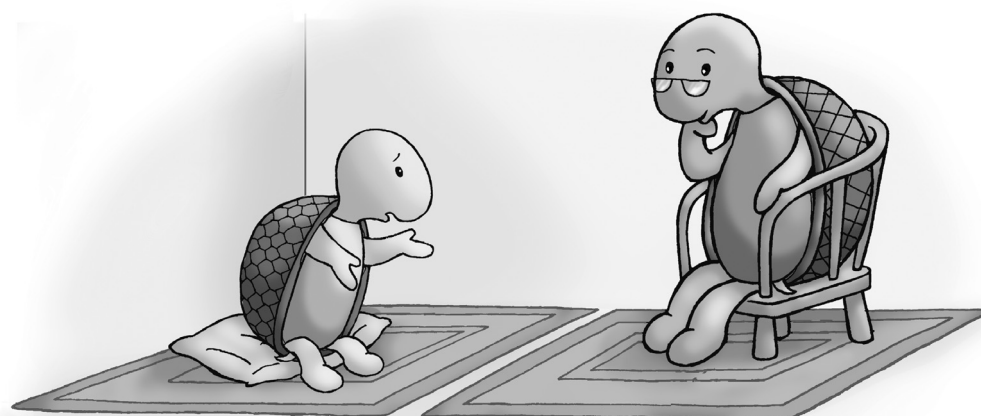


Part 2

The next day at school, Twiggie played by himself. He felt very sad about what he had done to Henrietta.



"Twiggle, Wise Old Turtle is here to talk with you," Miss Cathy said.



Wise Old Turtle and Twiggle sat in the quiet corner. Twiggle told Wise Old Turtle what had happened with Henrietta. He told Wise Old Turtle that he sometimes has problems with his friends when he gets mad or upset.

"Twiggle, you already have the answer to your problem wherever you go," said Wise Old Turtle.

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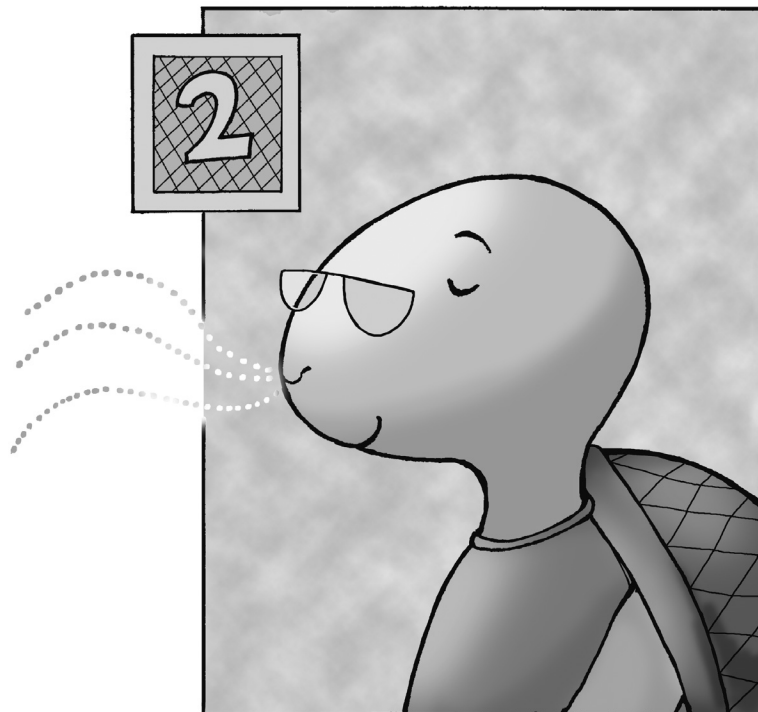


"It is your shell!" Wise Old Turtle said. "If you feel mad, sad or upset in any way, you can go inside your shell to calm down. I call this 'doing Turtle.' Watch me."

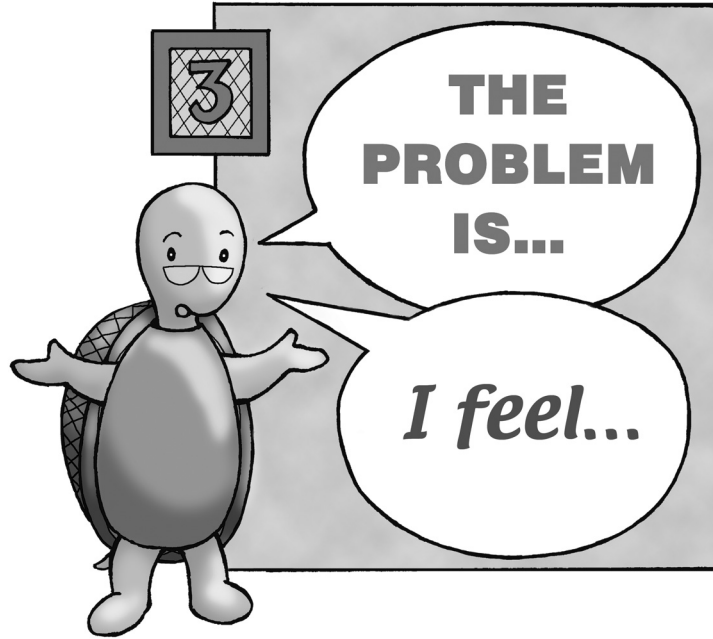
"Go inside your shell like this," said Wise Old Turtle. "When you are inside your shell, do three things."

"First, tell yourself to stop."

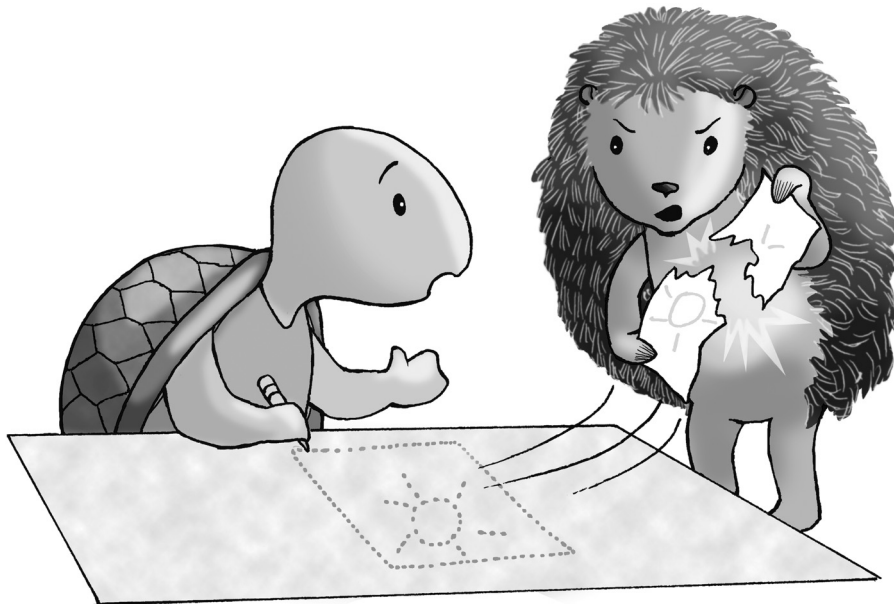
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"Next, take one long, deep breath."

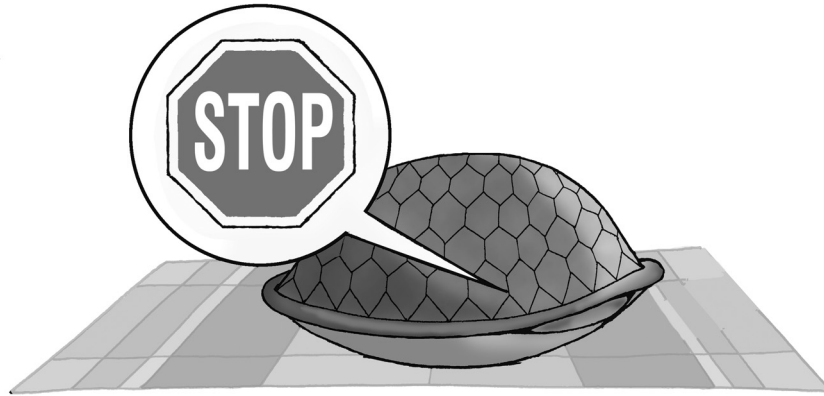


**"Then, say what the problem is and how you feel."
"This will help you calm down and stay in control,"
Wise Old Turtle explained.**



The next day at school, Henrietta still felt mad at Twiggle for pushing her down in the block area. She grabbed a picture that Twiggle was drawing and ripped it in half.

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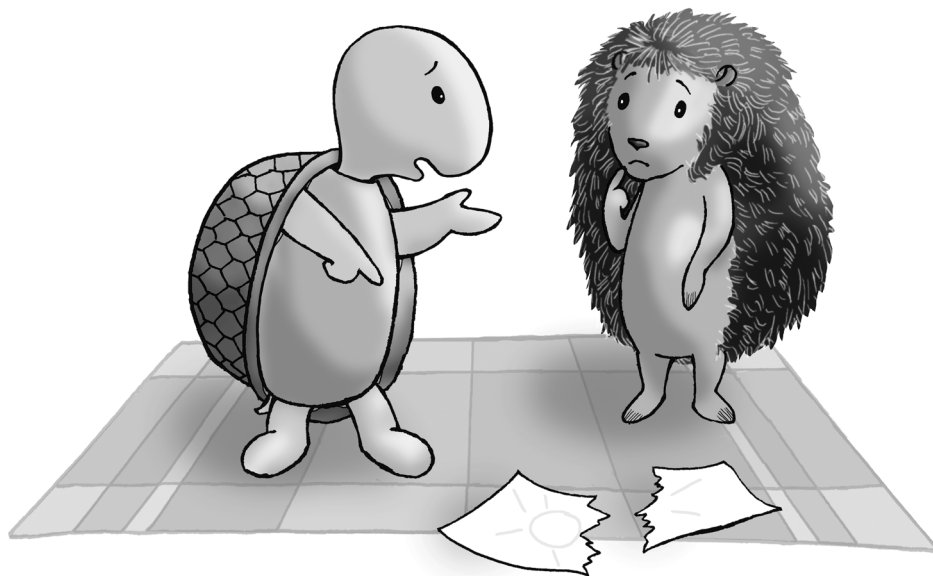
Twiggle started feeling very mad inside his body. He wanted to hit Henrietta.

Then he remembered what Wise Old Turtle taught him.

He could do Turtle!

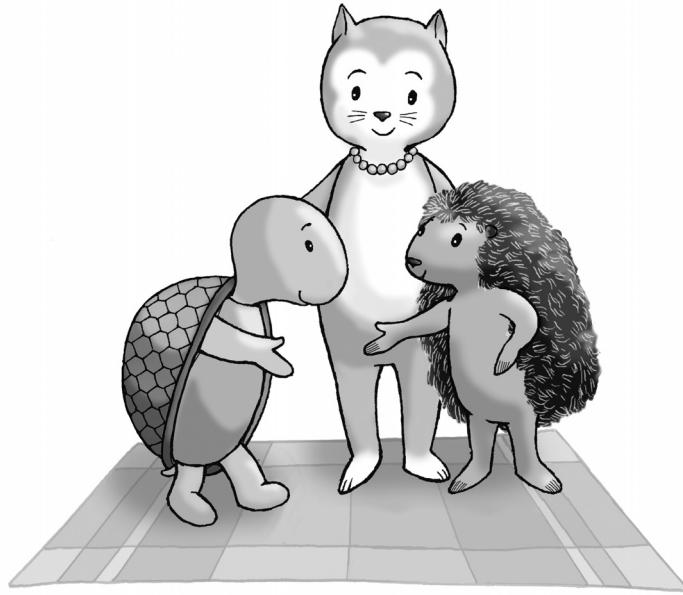
Twiggle pulled his arms, legs and head into his shell and said "Stop!"

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Next he took a long, deep breath. Twiggle could feel that he was starting to calm down. Then he came out of his shell.

He told Henrietta, "The problem is that you tore my picture—and I feel mad."



Miss Cathy gave Twiggle a compliment. She said, "I like the way you did Turtle to calm down and used your words to talk to Henrietta."

Henrietta said she was sorry to Twiggle for tearing his picture. Twiggle said he was sorry for pushing Henrietta down in the blocks. Twiggle and Henrietta were friends again.



Henrietta asked Twiggle to teach her how to do Turtle. Twiggle taught all of his friends how to calm down when they felt upset.

Soon the whole class was doing Turtle!