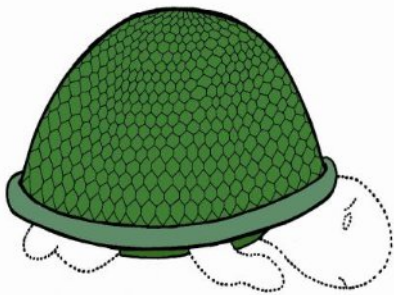


PATHS

Home Activity

Twiggle Learns to Do Turtle



At school, we have been learning how to do calm down by doing **Turtle**. Your child can do Turtle at home too.

What is doing Turtle?

Doing Turtle is a way to calm down.

We all think better when we are calm. When your child is calm they can think about their choices and make a better decision.

There are 3 steps for doing Turtle:

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 angry because my friend is not sharing the toys.")

At home:

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