

Turtle Technique

To help your child manage their emotions and calm down:

- First ask your child to imagine they have a shell like a turtle, and can retreat into it when they have a big feeling.
- Next teach them how to stop their body, take a deep breath, go into their imaginary shell and say to themselves “Stop, I can calm down. I can breathe”
- Encourage your child to continue slow breathing, thinking/saying “I can do it, I can calm down. I can control my body. I can control my feelings”
- When they feel calm enough they can come out, make sure to praise them!

