

Turtle Tricks to Wait and Cool Off

If you're feeling mad



1. Go inside your turtle shell



2. Say "Calm Down"

"Calm Down"

3. Take 3 slow, deep breaths



4. Slowly count out loud 1-10

123456
78910

5. Say "Okay"

**When you're calm and
ready to come out of
your turtle shell**

"Okay"