

PATHS[®]

Parent/Caregiver Handout

Lesson 16—Doing Turtle



Review doing Turtle with your child.

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

When should your child do Turtle?

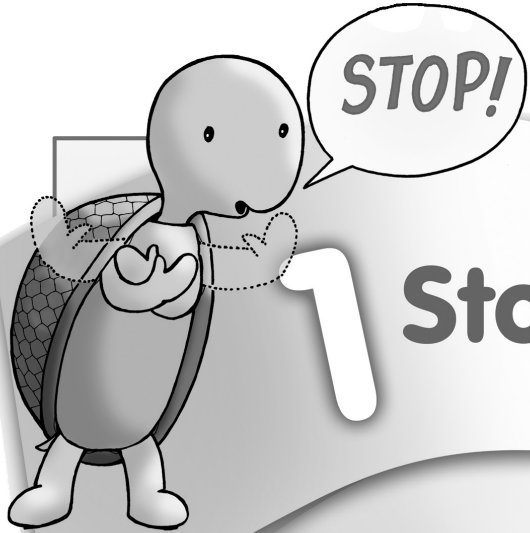
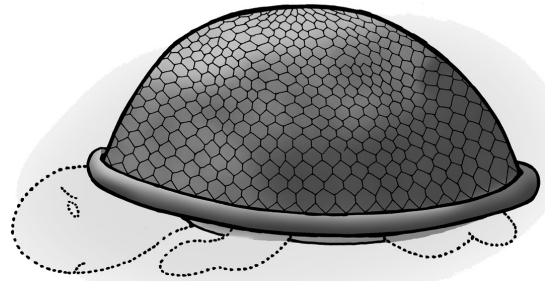
- If your child is having a hard time with something and you see him or her starting to get upset, remind him or her to do Turtle. Use a gentle voice.
- If you are talking to your child about his or her behavior and giving choices about what to do, make sure your child is calm first by having him or her do Turtle.
- If your child is getting overly excited about something, remind him or her to do Turtle to calm down.
- Do not force your child to do Turtle or use Turtle as a punishment. Suggest, “Let’s do Turtle to calm down together.”
- Use Turtle as a positive experience and a positive strategy, so your child will want to use it.

Things to do with your child:

1. **Reward** your child with praise (for example, tell him or her that he or she is doing a good job) for any behaviors that resemble Turtle. (Try to reward your child 3-5 times a day.) Hugs are just as good as stickers or treats, as rewards!
2. **Model** doing Turtle for your child. Practice doing Turtle yourself whenever you are upset. Your child learns best from you.

Do Turtle Sequence Poster

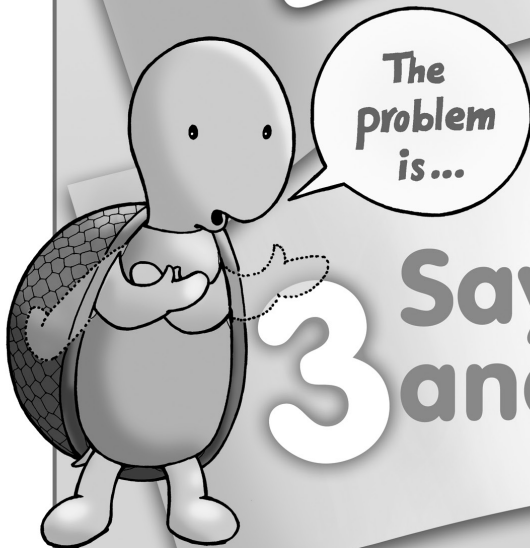
How to do Turtle



1 Stop.



2 Breathe.



3 Say the problem and how you feel.