

Turtle Steps

1. STOP! and say how you are feeling.

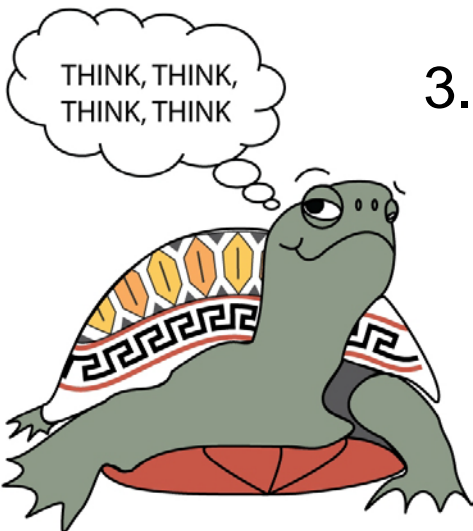


2. Go in your shell and RELAX.



3. THINK

- ✓ Is what I'm thinking about doing okay?
- ✓ What will happen if I do this?
- ✓ What could I do instead?



4. PICK the best thing to do and do it!

