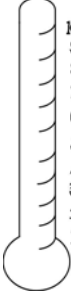







Turtle Steps

<p>The Tough Situation:</p>		<p>Rate Your Feelings</p> 
<p>STOP and say how you are feeling.</p> 	<p>What am I feeling? _____</p> <p>What am I thinking? _____</p> <p>_____</p> <p>_____</p>	
<p>Go in My Shell and RELAX!</p> 	<p>The way I relaxed was:</p> <p>_____</p> <p style="text-align: center;">Rate your feelings after you relaxed →</p>	<p>Rate Your Feelings</p> 
<p>THINK of something helpful to do</p> 	<p>Three things that are helpful to do are:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	
<p>Come out of your shell and DO IT!</p> 	<p style="text-align: center;">↑</p> <p style="text-align: center;">Circle the one you are going to do.</p>	