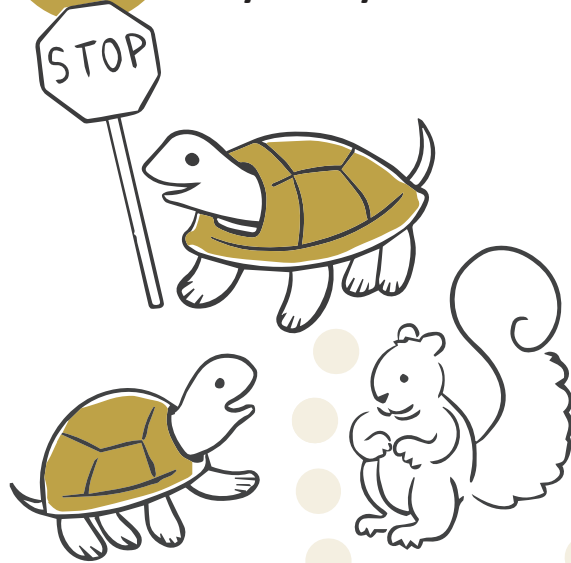


# Turtle Steps

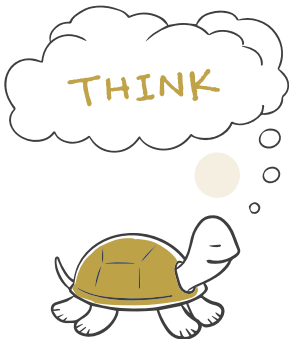
**1 STOP!**  
Say how you are feeling.



**2 RELAX**  
Go in your shell and relax.



**3 THINK**  
Think of something helpful to do.



Remember to ask yourself:

1. Will I break a rule
2. Will I get in trouble?
3. Will I hurt someone or something?

**4 PICK**  
Pick the best thing to do and do it!

