Handout

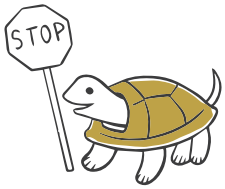
Turtle Steps: Tough Situation

The Tough Situation: _____

_____

STOP!

Say how you are feeling.



What am I feeling?

_____

_____

What am I thinking?

_____

_____

Rate your Feelings

1 2 3 4 5 6 7 8 9 10

Not at all — The most ever

RELAX

Go in my shell and relax.

The way I relaxed was:

_____

_____

_____

Rate your feelings after you relaxed

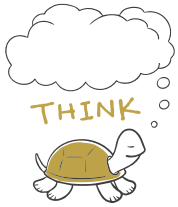
Rate your Feelings

1 2 3 4 5 6 7 8 9 10

Not at all — The most ever

THINK

Think of something helpful to do.



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

Three things that are helpful to do are:

1.

2.

3.

Come out of your shell and DO IT!

Circle the one you are going to do.

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