

## Tucker Turtle Animated Video-Self-regulation Strategies

[Music playing]

Tucker Turtle: Hi, I'm Tucker Turtle. Do you ever get mad? Huh, I sure do. Being mad can make my body feel all scrunched up or hot or just uncomfortable.

[Crackling]

Once I tried to tie my shoelaces, but I couldn't. I felt mad! I threw that shoe across the room and broke a lamp. My mom sure was upset.

When I get mad I used to act out and hit or kick or yell at my family and friends. That made them feel sad and scared. And that made me feel sad. So I learned a new way to stay calm when I get mad. Want me to show you?

Children's voices: Yes.

Tucker Turtle: You do?

Children's voices: Yeah.

Tucker Turtle: Cool.

[Children giggle]

The first thing I can do when something happens that makes me really mad is to stop yelling and keep my hands and body to myself. Then I can talk inside my shell and take three deep breaths to calm down. In [Inhales]. Out [Exhales]. In [Inhales]. Out [Exhales]. In [Inhales]. Out [Exhales].

After I take my three deep breaths, I can think about how to solve my problem. Want to practice with me?

Children's voices: Yes.

Tucker Turtle: You do?

Children's voices: Yes.

Tucker Turtle: OK. Let's practice together. Hmm. That's my friend Ally Alligator. He's playing with my favorite ball. Hey, Ally, I want that ball.

Ally Alligator: No.

Tucker Turtle: That makes me so mad [Grunts]. Wait, this is a chance to practice. I am not going to start yelling. I'm going to walk over here and keep my hands and body to myself. But I am still mad.

OK. Next, I'm going to tuck in my shell and take three deep breaths. Will you do it with me?

Children's voices: OK.

Tucker Turtle: Thanks. Here we go. Breathe in [Inhales] and out [Exhales]. Breathe in [Inhales] and out [Exhales]. One more time. In [Inhales] and out [Exhales]. Phew, I feel better already.

Now, I need to think of a solution. What can I do? Hmm. What's that? Hey, that's a good idea. I could ask Ally if we could play with the ball together. He might like that too.

[Catching ball]

Oh, wait what did you say? Good idea. I could just play with something different. That could work. I do like to play with trucks.

[Vroom vroom]

Oh, and what else? I could ask another friend to play? I like that idea too.

[Clapping]

[Friend giggles]

Hey, Ally. Can we play with the ball together?

Ally Alligator: OK.

Tucker Turtle: Great. Thanks.

[Catching ball]

[Music playing]

I feel much better. Thanks for practicing with me. Come back again soon.

[Music playing]