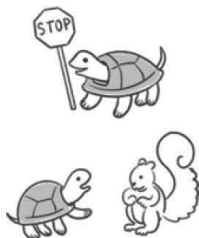
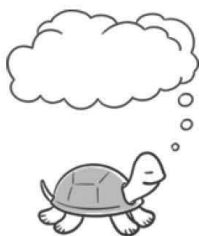


Turtle Steps



1. STOP! and say how you are feeling.

2. GO IN YOUR SHELL and RELAX.



3. THINK of something helpful to do.

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



Can be used with children ages 9 or under.

Copyright 2023 The Board of Regents of
the University of Oklahoma
OU-NCSBY@ouhsc.edu