**Tucker the Turtle – Teaching children to manage their anger**

**Session 1**

* Welcome children and families.
* Sing “What is your name?” and introduce instructors and puppets.
* Introduce Program:

Get ready to think like a turtle! Tucker the Turtle is a fun interactive resource created to help children and families learn strategies to work through big feelings like anger. Tucker helps parents and caregivers support their children in learning what they can do to calm their body and emotions down. This user-friendly resource helps teach emotional regulation with a few simple steps. Tucker the Turtle also promotes emotional literacy, problem-solving, and self-regulation in an engaging way.

* Introduce feelings poster : Shows large pictures of feelings and with children identify feelings. Talk about each feeling and imitate the emotions.
* Sing “If your happy and you know it” – Use pictures to show feelings identified in the song.
* Story “Tucker the Turtle” One facilitator reads the story with owl puppet. Second facilitator acts out story with Tucker and friends.
* Action activity – practice stopping with Dance freeze with music.
* Breathing exercise: Practice Tucker’s breathing method with students using feathers.
* Craft: paper plate turtle
* Song: “How do you feel?” to the tune of Brother John. Each week introduce 3 feelings.
* A closing story pertaining to feelings or anger.