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

**Session 2**

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

Introduce instructors again and ask the children if they remember why you are there.

* Review feelings poster: Shows large pictures of feelings and with children identify feelings. Talk about each feeling and imitate the emotions.
* Reintroduce the program by reviewing the tucker technique and how Tucker deals with his anger from Tucker the Turtle story last week.
* Checking in with kids. At this point we told the children that Tucker had heard about a

problem at their school and he would like to help them find a solution to that problem.

Act out puppet script. After script, discuss with children what solution that maybe Tucker would have used to handle this problem. (Refer to solutions in story)

* 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. Use solution cards.
* When Tucker gets mad he will say to himself, “I need to relax”. Practice relaxation exercise. You can use the one provided or use your own.
* Action activity – Tucker says
* Breathing exercise: Practice Tucker’s breathing method with students using bubbles.
* Craft: Owl craft
* A closing story pertaining to feelings or anger.
* Song of choice & Goodbye song