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

**Session 3**

* Welcome children and families and sing “What is your name?”
* Reintroduce Program and feeling posters:

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, (introduce Problem Solver poster) discuss with children what solution that maybe Tucker would have used to handle this problem.

(Read story “I can use my words.”)

* 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.
* Create a scenario with puppets and encourage children to problem solve.
* Action activity – Duck duck goose
* Practice breathing exercise using feathers again or do a visualization exercise.

(on the beach, building a sand castle-imagine your feelings)

* Puppet craft: Color, cut animal images and glue or tape popsicle sticks behind each character.
* A closing story pertaining to feelings or anger and goodbye song.