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

**Session 4**

* Greet children; explain to them that this is your last visit with Tucker
* Review feelings posters and then sing song: “How do you feel?” to the tune of Brother John. This week introduce last new feeling plus two that you have already used and have children pick the feeling out that is being described in the song.
* Checking in with kids. At this point we asked the children if anything had happened to them this week that they would like to talk about and maybe find a solution for. (have a back up scenario in case no one has one). We invited the children to act it out with the puppets and discussed afterwards what solution they could use to handle the problem.
* Song: If your happy and you know it
* Story “Tucker the Turtle” Invite the children to tell the story by describing what is

happening on each page. (fill in blanks if they don’t remember)

* Practice breathing exercise using three fingers. Start with one, then add the second and third.
* Craft: Solution cards. Have children glue them on a construction paper then cut out. Using rings or pipe cleaners they can make a little book.
* Closing remarks. Hand out the individual certificates, bookmarks and feeling faces sheets.