

# Tucker the Turtle

## Teaching children to manage their anger

### **Class Format**

Introduction 15 minutes

#### **Welcome Song (Sung to Frere Jacques)**

What is your name? What is your name?  
Tell us please, tell us please,  
We would like to meet you,  
We would like to meet you,  
What's your name? What's your name?

Go around the circle, with the Tucker Turtle modeling greeting with each child; encourage each child to greet the group by saying "Hi, I am Sarah"

#### **Read the Tucker Turtle Story.**

Talk about what is happening on each page: pg 1

- What do you like to play?
- Who are your friends?

pg 3

- What makes you angry?
- Show me your best angry face (hand out mirrors to see an angry face in)

pg 4

- How are Tucker's friend's feeling when Tucker hits, kicks, yells?
- How is Tucker feeling?

Explain it is ok to be frustrated when playing (it happens to everyone); it is how we handle ourselves that is important part.

pg 6

- Tell me what Tucker is doing? STOP!

pg 7

- Tell me what Tucker is doing to cool down/take a break? TUCKING!

pg 8

- Tucker is thinking of a solution.
- How do you problem solve?
- Who is your teacher? (mom/dad/childcare provider/teacher at school)

pg 9

- How do you play nice with your friends?
- Reinforcing with children's lead to get a parent/caregiver/teacher to help when you need help.
- Show me and your friends what a happy friend looks like! (use mirrors and show each other)
- Teacher Owl is Tucker's Helper – who is your helper?

Get up to a standing position and sing If You're Happy and You Know It! Using the actions happy, angry, frustrated, sad, love

Activities 25 minutes

Play two games, one active and one cognitive game. By playing with Tucker Turtle characters and using Tucker Turtle terms the children will have lots of opportunity to practice their new knowledge.

Active Games:

- Tucker Turtle Says! (Simon says)
- What Time is it Tucker Turtle?
- Yoga poses
- Tucker, Tucker OWL (duck, duck, goose)
- Freeze Dance

Cognitive Games:

- Tucker Turtle Bingo
- Tucker Turtle Memory Game
- Making Tucker Turtle (paper plate turtle)
- Making Tucker Turtle reminder cards
- Play dough Tucker

Complementary Storybooks 5 – 10 minutes

Wrap Up 5 minutes

Each week have one piece of homework that the children can take home with them. On the first week give the children a duo tang to keep their homework in and add to each week.

Homework may include:

- Colouring page of Tucker Turtle or Owl
- Maze
- Tic Tac Turtle

Each child gets a Tucker Turtle sticker at the end of class.

The last week of class each child will receive a certificate of completion for the Tucker Turtle Program.

Sing the Tucker Turtle Song each week (this will be a reminder to the children of what is positive problem solving)

Sung to Twinkle Twinkle Little Star  
Here are rule for you and me,  
See how important they can be.  
Always be honest, be kind and fair,  
Always be good and willing to share.  
These are rules that we should know,  
And follow these rules wherever we go.

Prepared by:

Carol Boissonneault, Early Years Practitioner and Sylvie Remillard, Resource Teacher  
Nipissing - Northbay