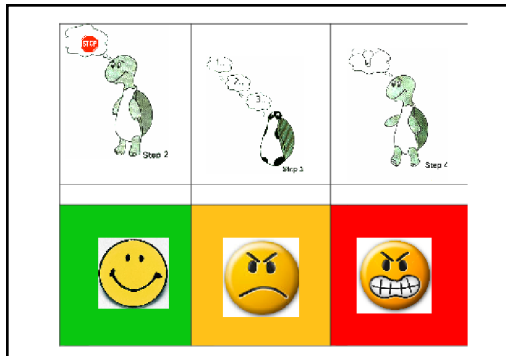


CHECK IN



How are you feeling?

ADDITIONAL RESOURCES:

TOOLKIT: Preventing Bullying

<https://www.nap.edu/html/23482/toolkit/introduction/index.html>

TUCKER the TURTLE Technique

<http://sjiipc.org/tucker-the-turtle-takes-time-to-tuck-and-think-book-turtle-technique/>

5 Tips for teaching tolerance in kids.

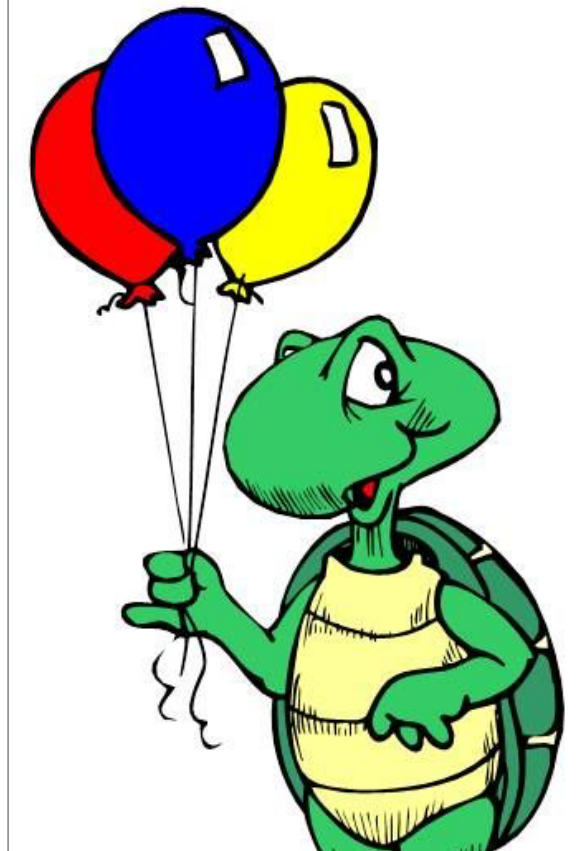
1. Model it.
2. Acknowledge Differences.
3. Challenge Intolerances.
4. Seize teachable moments.
5. Emphasis the positive.

Play adapted from Tucker the Turtle Takes Time to Tuck and Think, by R. Lentini March 2005

Community Project by Zach Fincher and Prevention Team, **Rock Solid:** Zach Fincher, Chiara Power and Luke Fincher. April 2017

Mentor: Cynthia Stark-Wickman, Executive Coordinator, **San Juan Island Prevention Coalition.** prevention@sanjuanco.com
www.sjiipc.org Like us on Facebook, too!

Tucker Turtle's Troublesome Time with the Troublesome Teddies



Are you feeling mad?

STOP!

And take 3 deep breaths to calm down.

Choosing to create a positive learning environment at FHES...

Everyone has a role to play.

KINDNESS STARTS WITH YOU!

Read more about **Tucker the Turtle's Techniques on Taking Time to Tuck and Think.**

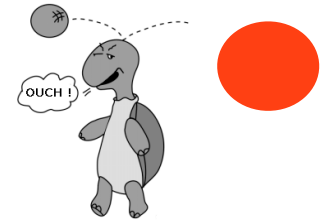
A book has been added to your school library, as part of this community project.

USE THESE 3 Techniques when Dealing with a Bully or Bullying Behaviors.

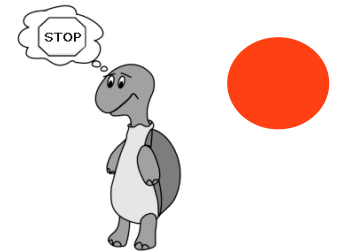
1. Find a trusted adult.
2. Walk away.
3. Form an agreement.

Created by

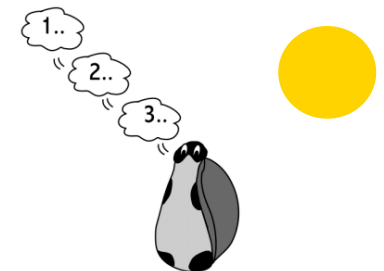
ROCK SOLID YOUTH GROUP



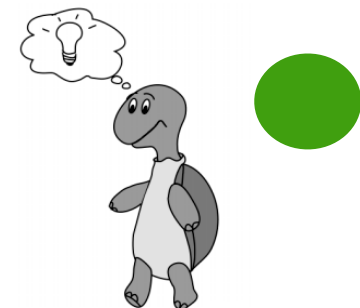
STEP 1: Recognize and name your emotion, say "I'm angry."



STEP 2: Say "STOP" and go inside of your shell to think.



STEP 3: Deep breath, count 1, 2, 3.



STEP 4: Come out of your shell and find solutions.