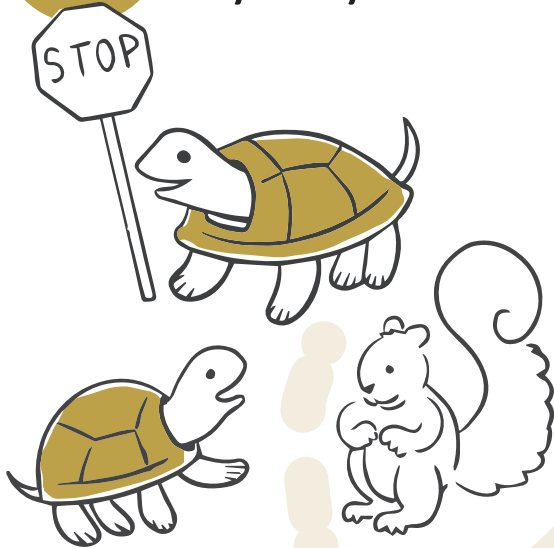


## Turtle Steps

1

**STOP!**

Say how you are feeling.



2

**RELAX**

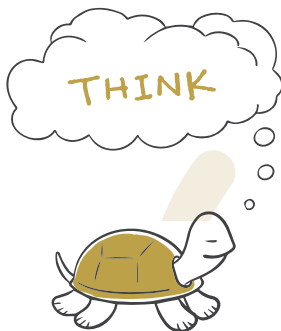
Go in your shell and relax.



3

**THINK**

Think of something helpful to do.



**Remember to ask yourself:**

1. Will I break a rule
2. Will I get in trouble?
3. Will I hurt someone or something?

4

**PICK**

Pick the best thing to do and do it!

