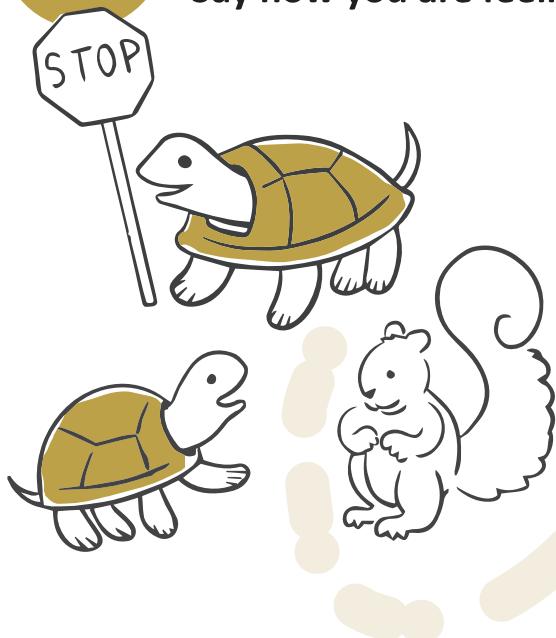


Turtle Steps

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!

