

Turtle Tuck & Sing



There was a turtle named Tucker
He went to school every day
He loved to run, jump and swing
But he had problems when he'd play
Sometimes he got angry
His face would look real mad
He'd hit, kick and say mean words
That made his friends sad



Chorus: x 2

“Think Like a Turtle” his teacher said one day
Stop and tuck inside your shell,
and breathe your anger away
(take a big breath out)



The next time he got angry
He tucked inside his shell
He took 3 breaths to think of
A solution that works well

There was a turtle named Tucker
He went to school every day
He learned to “Think Like a Turtle”
And with his friends he'd play

Chorus: x 3

