

WHO IS TOBY?

A gentle character children trust — even in the hardest moments

Toby the Turtle is the main character of The Little Pebble Books — a gentle, kind turtle who sometimes feels worried, scared, or overwhelmed. When his feelings get big, Toby uses something called the Turtle Shell Calm-Down to help his body feel safe again.

Children connect with Toby immediately because he feels what they feel. In a crisis moment — a removal, a domestic call, an emergency scene — Toby gives you something to offer that is warm, immediate, and child-centered. He doesn't require explanation. He just works.

HOW TO USE TOBY IN THE FIELD

Three things you can do right now, before anything else begins

01	02	03
Hand them Toby's kit	Show the breathing card	Say Toby's name
If you have a First Response Kit, hand it directly to the child. The turtle shell bag, Toby plush, and calm-down cards are designed for this exact moment.	Take out the Pebble Breathing card and show it to the child without requiring them to do anything. Let them look. That's enough.	"This is Toby. He knows what big feelings feel like. He has something that might help." That's all you need. The rest follows.

WHY TOBY WORKS

The science behind a small turtle in a big moment

Safe distance

Animal characters allow children to engage with big feelings without the added pressure of direct eye contact or adult authority. Toby is non-threatening by design.

Regulation before relationship

When children are dysregulated, their brains focus on safety — not connection. Toby gives their nervous system something to focus on while their body calms down.

Children learn best through modeling

Toby demonstrates what calm looks like. He doesn't correct or demand. He shows. Children can observe without participating — and that is still learning.

Something to hold

In a moment of disruption, a physical object — a book, a plush, a card — gives a child something concrete to anchor to. It says: someone thought of you before you arrived here.

THE TURTLE SHELL CALM-DOWN

A simple regulation tool you can use anywhere

The Turtle Shell Calm-Down is Toby's regulation strategy — and it works for children of all ages in crisis, transition, or overwhelm. You don't need a kit to use it. You just need to know the steps.

STOP	Pause whatever is happening. No movement, no words.
BREATHE	Take one slow breath in. One slow breath out. Model it yourself.
NOTICE	"Where do you feel it in your body? Your tummy? Your chest?"
SHELL	"Let's go into our shell for a moment — safe and quiet, just like Toby."
ASK FOR HELP	"When you're ready, we can figure out what comes next together."

"What you are doing for children is important and admired. This work can help break barriers and build trust among children in moments where connection matters most."

— Police Officer, CU Anschutz

TOBY'S FIRST RESPONSE KIT — \$35

Everything a child needs in the first hard minutes

- **Turtle shell drawstring bag** — Everything arrives together, ready to hand to a child
- **A Little Pebble Book** — A story that speaks directly to belonging, big feelings, or finding home
- **Toby the Turtle plush** — Something soft to hold when everything feels unfamiliar
- **Calm-down regulation cards** — Visual tools a child can use immediately to begin to regulate
- **Coloring book, crayons & stickers** — Something to do with their hands while the adults figure out what comes next

Sponsor kits for your department or agency

Contact The Little Pebble Books to sponsor a supply of Toby's First Response Kits for your police department, social work agency, fire station, or EMT team — so every professional who encounters a child in crisis has something warm and immediate to offer.

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