

# Song & Movement Guide

**Field note:** You don't need to sing this. Read the verses aloud in a slow, calm voice, or simply do the movement cues while the child watches. Either way works. The goal is a regulated body — not a perfect performance.

<p><b>Verse 1 — Pause</b> When feelings feel big And my heart beats loud, I stop like a turtle And slow myself down.</p> <p><b>Movement Cue:</b> Feet flat on the floor Hands rest on stomach Freeze your body</p>	<p><b>Verse 5 — Peek Out</b> When I feel calm, I take a little peek, I know that I'm safe, And it's time to speak. My body feels relaxed, I don't have to shout, And I'm ready and safe, And it's time to come out.</p> <p><b>Movement Cue:</b> Lift head slowly Open arms a little Look around calmly</p>
<p><b>Verse 2 — Hide in My Shell</b> I hug myself close And curl up tight, My shell helps protect me— In my shell I feel just right.</p> <p><b>Movement Cue:</b> Cross arms over chest Tuck chin slightly Gentle self-hug</p>	<p><b>Verse 6 — Check My Body</b> I notice my body And see how I feel. Are my muscles tight, Or are they loose and still?</p> <p><b>Movement Cue:</b> Hands on belly or chest Pause and notice No talking</p>
<p><b>Verse 3 — Breathe In</b> I breathe in slow, Nice and deep, Filling my body From head down to my feet.</p> <p><b>Movement Cue:</b> Breathe in through nose Count to 3 Lift shoulders slightly</p>	<p><b>Verse 7 — Ask for Help</b> If I need help, I know I can ask. It's up to how I feel— I get to choose my path.</p> <p><b>Movement Cue:</b> Raise one hand OR Hand over heart Nod head yes</p>

**Verse 4 — Breathe Out**

I breathe out long,  
Let my worries go,  
My heart starts to calm—  
Breathe in, breathe out, nice and slow.

**Movement Cue:**

Breathe out through mouth  
Count to 4  
Drop shoulders gently

**Verse 8 — Try Again**

I take one step,  
Brave and small,  
The Turtle Shell Calm-Down  
Helps me through it all.

**Movement Cue:**

Take one small step forward  
Stand tall  
Gentle smile

**Remember:** Children may watch without joining. Watching is still regulation. You are modeling what calm looks like — and that is enough.