

Doing *The Noodle*

This is a script to give you some ideas about helping children relax when they are stressed, anxious, or worried. The main idea is to help children be like a soft, cooked noodle and relax!

Here are the steps:

1. Start by explaining to children that a worried, stressed body is usually stiff – like an uncooked noodle that could be easily broken.
2. To relax, children want to look and feel like a cooked noodle - soft, floppy, and warm.
3. To do this, children loosen up their body parts – by wiggling them, shaking them, and telling them to relax.
4. Children start by telling their toes to wiggle.
5. Then they tell their toes to STOP and feel soft and warm.
6. Then they do the same with their other body parts – starting with their feet, legs, bottom, tummy, hands, arms, shoulders, face and head – until their whole body feels like a soft, cooked noodle lying on a plate.

