

# Teaching *The Noodle* to a child

**Child:** (Squirmy, fidgety, tense, stiff, pacing back and forth, looking worried and stressed)

Caregiver: (Notices child) Gosh. You sure are fidgety. Are you worried about starting preschool tomorrow?

**Child:** **(Squeaks an unintelligible response. Continues to look anxious)**

Caregiver: Well, I could see why you might be worried. Starting preschool makes most kids a little nervous. Maybe you could relax a little by trying *The Noodle*. Do you want me to tell you about it?

**Child:** **(Continues to look anxious) Kind of.**

Caregiver: Look. Right now your muscles are stiff and tense, like an uncooked noodle. You could just about break them (caregiver shakes child's arm and pretends arm breaks off).

Caregiver: Oops. (pretends to stick arm back on)

Caregiver: Let's try to relax your body so it it's like a cooked noodle – You know how a noodle is all soft, floppy, and warm? Try lying like this. (Lies down with outstretched legs and arms)

**Child:** **(copies caregiver position)**

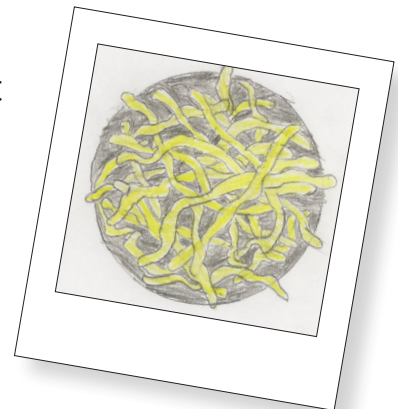
Caregiver: Now start by telling your toes to wiggle (wiggles toes)

**Child:** **Toes, wiggle! (wiggles toes)**

Caregiver: Now tell them to STOP and feel warm and soft – like a warm, wet noodle.

**Child:** **Toes, stop and feel warm and soft – like a yummy noodle!**

Caregiver: Now do the same thing with the rest of your body. Like your legs (shakes legs.)



**Child: Legs, wiggle! (shakes legs).**

Caregiver: Your bottom wiggles (shakes bottom)

**Child: Bottom, wiggle! (shakes bottom).**

Caregiver: Your tummy wiggles (shakes tummy)

**Child: Tummy, wiggle! (shakes tummy).**

Caregiver: Your hands (shakes hands)

**Child: Hands, wiggle! (shakes hands).**

Caregiver: Your arms (shakes arms)

**Child: Arms, wiggle! (shakes arms).**

Caregiver: Your shoulders (shakes shoulders)

**Child: Shoulder, wiggle! (shakes shoulders).**

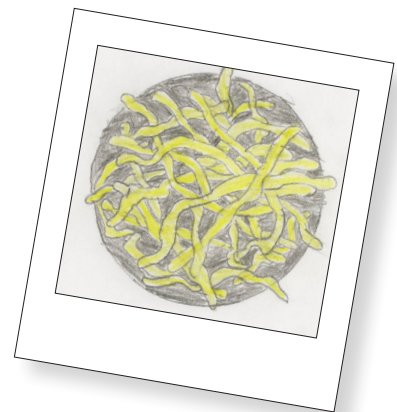
Caregiver: And finally, your head and face (shakes head, rubs face with hands)

Child: (shakes head and rubs face).

Caregiver: And once you've told all your body parts to relax, keep taking deep breaths until your whole body feels like a sleepy noodle lying on a plate.

**Child: (child takes deep breaths, pretends to fall asleep, starts snoring).**

Caregiver: Hmm...I guess you're feeling more relaxed now, huh?



With thanks to Michael Davis from Inflexxion ([www.Inflexxion.com](http://www.Inflexxion.com))