

# Noodle Caboodle

## Script

This script is a fun way to teach kids muscle relaxation.

Start by explaining that when we feel anxious or stressed out, our muscles become tense. The Noodle Caboodle is a way to feel better by relaxing out our muscles, one at a time.

Working through the sheet together will give you a chance to demonstrate each step as you go along.

At the end, encourage kids to practice the Noodle Caboodle so that they can use it to relax when nervous or anxious.

<p><b>1</b></p>	<p>Have you ever felt like your body is too stiff? Or tight?</p> <p>It happens to everyone, especially when we're nervous, scared, or angry.</p> <p>Doing the Noodle Caboodle makes you feel better when you're feeling too tight.</p> <p>Because you're in charge of your body, you can do the Noodle Caboodle to make your muscles feel loose and good again.</p>
<p><b>2</b></p>	<p>Have you ever seen noodles on a plate?</p> <p>Noodles are soft and wiggly, not stiff and tight.</p> <p>When you do the Noodle Caboodle, you can become soft and wiggly, too.</p>
<p><b>3</b></p>	<p>Let's start with the fun bit!</p> <p>Just like with real noodles, you need to start by making all your body as stiff and tight as you can!</p> <p>Show me; we can do it together.</p> <p>Squash your hands into balls, as tight as you can. If you want to make a noise, that works too.</p> <p>Now, turn them into wet noodles - loose and soft.</p> <p>Super!</p>
<p><b>4</b></p>	<p>Let's stand straight up now.</p> <p>I'm going to name different parts of your body - when I say a part, you squeeze it as tight as can be.</p> <p>Next, we'll turn that part into wet noodles, loose as you can.</p> <p>It's easy - squeeze, hold and count to 3, then we'll let go and Noodle Caboodle. That means, you'll let it relax it like a noodle.</p> <p>Can you tell me what you're going to do? Great!</p>

<p>5</p>	<p>First, squeeze your hands. And 1, 2, 3. Now Noodle Caboodle!</p> <p>Now squeeze your arms, for 1, 2, 3. Now Noodle Caboodle!</p> <p><i>Noodle Caboodle body parts, working up then downward:</i></p> <ul style="list-style-type: none"><li>■ Shoulders</li><li>■ Neck</li><li>■ Eyes</li><li>■ Tummy</li><li>■ Bum</li><li>■ Legs</li><li>■ Feet</li></ul>
<p>6</p>	<p>That was amazing, you're becoming a Noodle Caboodle expert.</p> <p>I bet you feel soft and loose through your whole body!</p> <p>Doing the Noodle Caboodle will loosen your body when you're feeling tight or stiff, and you can use it when you feel nervous, sad, scared, or angry.</p> <p>When you do the Noodle Caboodle, you're in charge, and you make the tight go away.</p> <p>It helps you feel better again.</p>
<p>7</p>	<p>Here's a little secret.</p> <p>It's important that you practice it - same as you do with your favorite hobby!</p> <p>The more you practice the Noodle Caboodle, the better you'll get at it.</p> <p>The best time to try it is when you're feeling happy and good.</p> <p>It means that when you feel nervous, sad, scared, or angry, you'll already be a top Noodle Caboodler!</p>
<p>8</p>	<p>Don't forget, you're in charge of your whole body.</p> <p>Whenever you want to feel looser and better, do the Noodle Caboodle!</p>