

# Teaching Your Child How to “Spaghetti Body”

(read aloud with your child)

1. Sometimes, your body gets too tight. This happens when you are mad or nervous. *Spaghetti Body* is something you do to get your body loose. That makes you feel better. Since you are the boss of your body, you can make the tight go away.
2. Have you seen wet spaghetti noodles? They are wiggly, not tight. You can make your body like spaghetti noodles.
3. Okay, this is the cool part. To get your Spaghetti Body, first you have to make your body very tight all over! Let’s practice. Scrunch your hands very tight. You can even grunt if that helps. And now, spaghetti your hands very loose. Great job.
4. Stand up now. When I say a body part, you scrunch it very tight. Count to 3. Then make it Spaghetti loose. So you will scrunch, hold for 3, then relax it like a noodle. What will you do? (Have child repeat directions).
5. Scrunch your feet. 1,2,3. Now Spaghetti! Scrunch your legs. 1,2,3. Now Spaghetti! Scrunch your bottom! Laughing is okay, but keep scrunching. 1,2,3. Now Spaghetti. You want to do your bottom again, right? Okay, go ahead. (Repeat for stomach, shoulders, arms, hands, neck, face, eyes).
6. Great job! You did Spaghetti Body! You should feel pretty loose and wiggly all over. Doing *Spaghetti Body* helps your body feel less sad or nervous. This means you will feel better.
7. The last thing to know is: You HAVE to practice *Spaghetti Body* or it won’t work. Just like you practice (baseball, piano, reading, tying your shoes), you have to practice *Spaghetti Body* to get good at it. You should practice it when you feel good and happy. That way, you will be an expert spaghetti kid when you get mad or nervous.
8. Remember, you are the boss of your body. You can feel better by doing *Spaghetti Body*.



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