

# SPAGHETTI BODY

## Progressive Muscle Relaxation for Young People

- ❖ (Start sitting) Sometimes, your body gets so tight. This can happen when you are worried or feeling big emotions. *Spaghetti Body* is something you can do to get your body loose. It will make you feel relaxed. Since you are the boss of your body, you can make the tension go away.
- ❖ Have you seen cooked spaghetti? It is wiggly, not tight. You can make your body like spaghetti.
- ❖ Okay, this is the great part. To get your Spaghetti Body, first you have to make your body very tight all over! Let's practice. Are you ready? Scrunch your hands very tight. You can even make a sound if that helps. And now, spaghetti your hands very loose. Well done!
- ❖ 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 spaghetti when I say 'Spaghetti'. (Ask young person to repeat instructions).
- ❖ Scrunch your toes. Scrunch them really tight. Now scrunch the rest of your feet. 1,2,3. Now Spaghetti! (child should make them as loose as possible, shaking feet if they wish)
- ❖ Scrunch your legs. 1,2,3. Now Spaghetti!
- ❖ Scrunch your bottom! Laughing is okay, but keep scrunching. 1,2,3. Now Spaghetti.
- ❖ Continue to repeat the above for stomach, shoulders, arms, hands, face, eyes.
- ❖ Well done! You should feel pretty loose and wiggly all over. Doing Spaghetti Body helps your body feel much more relaxed. This means you will feel better.
- ❖ The last thing to know is: You HAVE to practice Spaghetti Body or it won't work. Just like you practice (e.g. reading, tying your shoelaces), you have to practice Spaghetti Body to get better at it. You should practice it when you feel good and happy. That way, you will be an expert spaghetti pro when you get worried or uncomfortable feelings.
- ❖ Remember, you are the boss of your body. You can feel relaxed by doing Spaghetti Body.

