



WORK SHEET – EXERCISE 3E

Spaghetti exercise.

Imagine in this exercise that you're spaghetti: hard before you're cooked and really soft afterwards! It will allow you to free yourself from all the tensions you store in your body when you're angry or when you were mad. Afterwards you'll really enjoy the relaxed state you'll be in.

1. Sit on the edge of your chair, let yourself sink back on the backrest, close your eyes and then imagine that you're toughening up, you're all straight and solid like spaghetti straight from the package.
2. Clench your teeth and contract the muscles in your face. Close your eyes firmly shut. Feel how your face is screwing up.
3. Clench your fists as tightly as you can and contract the muscles in your arms. Do you feel the tension in your hands? In your arms too? Make your legs hard as well. Contract all the muscles in your legs, curl your toes and feel the tension. Your muscles are tense and are becoming hard. Maybe you can even hold your breath too...
4. Now fall into a pot of hot boiling water, let go of all your tensions, let go of everything. Your eyes relax and your cheeks too, turning soft. You're floating in the water. Your face becomes soft and supple, can you feel it?
5. Breathe out slowly and let go of all the tension in your arms, fully relaxing the muscles in your arms, hands and fingers. Slowly let go of all your tension.
6. Then relax your legs. All the tension is evaporating. Your legs are soft and flexible again. You've driven away all of your tension.... How does it feel? Pleasant?



This exercise is inspired by the spaghetti exercise by Eline Snel from "Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)", Shambala Publications Inc., 2013, with an audio CD of guided exercises.