

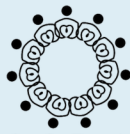
A thick yellow brushstroke with a light blue outline, curving from the top left towards the center.

**SQUEEZE**

**Relax**

A thick yellow brushstroke with a light blue outline, curving from the right edge towards the center.

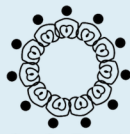
**CrEaTe**

A thick yellow brushstroke with a light blue outline, wavy and curving from the bottom left towards the center.

# Squeeze, Relax & Create

## What You'll Need!

- **Spaghetti noodles**
- **A space to move**
- **A plate, tray, or surface**
- **Optional: Paint or markers – Try using dry noodles as paintbrushes!**
- **Your imagination!**



# Squeeze, Relax & Create

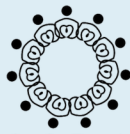
## SQUEEZE

**Stand tall and stiff like an uncooked spaghetti noodle. Feel your whole body tighten up. Arms straight, legs strong, even your fingers and toes!**



## RELAX

**Now let everything go soft and floppy, just like a cooked spaghetti noodle. Wiggle, shake, and melt into relaxation. Ahhh... feels good, right?**



# **Squeeze, Relax & Create**

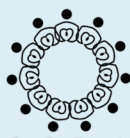
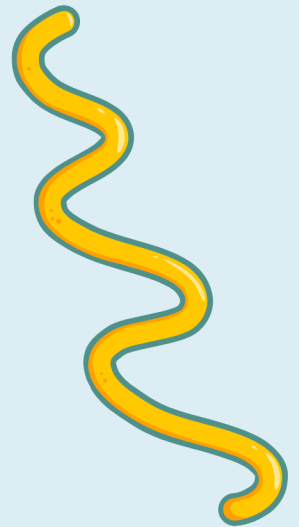
## **CREATE**

**Now it's time to get creative with spaghetti noodles! What can you make?**

**Maybe a handful of dry noodles become your paintbrush, or maybe you use cooked noodles to form shapes, letters, or even a silly spaghetti sculpture.**

**Or, if you'd rather, help prepare a delicious meal for your family. What a fun (and messy!) sensory experience!**

**Noodles are your medium, and the possibilities are endless. Kids and adults, let's create some art!**



# Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

