

# Spaghetti



## Breathe and Relax Routine: Spaghetti

What does spaghetti look like before it is cooked? Hard and straight and tall. Pretend you are spaghetti before it's cooked. Make your whole body straight and hard like spaghetti that is not cooked. Press your arms tight to you side. Squeeze your legs close together. Stand straight and tall.

Now take a deep breath and pretend you are cooked spaghetti. Make your body soft and loose like cooked spaghetti. Bend your head over gently let your hands hang down toward the floor. Soft and loose. Breathe softly while your hand and arms hang down soft and loose. Now, very, very slowly, stand back up. Take another breath. Feel soft all over. Feel your breath go in and out. Feel relaxed. Feel calm. Breathe and relax.