This is a little routine the children can do when they need to relax or switch negative emotions to positive ones. Using the Mean Soup book about preparing and cooking a noodle soup, first, we are the noodles for our soup. Noodles are stiff and you can’t bend them before they are cooked (if you do, they break). Squeeze your hands and make them hard to break. Squeeze your legs as if they are raw noodles. Squeeze hard! Do the same with your whole body! Your shoulders and your face! Now our noodles are in the pot with boiling water. Jump up and down as if your feet are burning! Stir your soup with your hands. Now your noodles are boiled. Boiled noodles are soft and flexible. Move your arms slowly and bend them. Do the same with your legs and your whole body. Serve your noodles on the plate (sit down). Your noodles are still hot so take a deep breath and blow out to make your noodles cool. Repeat until you feel calm. Now your noodle soup is ready to eat!

Ask the children to close their eyes while taking deep breaths and imagine their soup getting colder.

Use pictures with uncooked and cooked spaghetti to help them remember the routine.
Explain to the children that it is okay to be angry or have negative emotions but it is very important that we find ways to turn those negative emotions into positive actions.

Encourage them to share with the other children a time that they got upset and how they regulated their emotions. When starting using the “emotions soup” ask them to share when and how they used it and how they felt afterwards.

Regulating emotions is a very important component of self-control. Practice the routine regularly to be able to remember it and use it when needed.

Development and Learning Objectives:
- TSG 2b - Responds to Emotional Cues
- Early Learning Standard 10.2 - Self-regulation, Benchmark 1

Physical:
- TSG 5c, Jumps, Hops
- Early Learning Standard 8.2 - Large Motor Development, Benchmark 1