



Use Your Noodle Activity 1

(Working in pairs)



Noodle Expectations:

1. Noodles are tools not weapons
2. Noodles are held in our hands quietly while waiting

Today you will **work in pairs**. You need to decide these things:

1. Who will be partners?
2. How can you decide?

Each pair will need a **small noodle**. You need to decide these things:

1. Who will be in front?
2. Who will give directions?

Activity 1:

1. Person in front puts noodle on their back
2. Person in back puts noodle on their chest
3. You cannot use your hands to hold up the noodle
4. Walk down the hallway until the noodle falls or you touch it then STOP

Data:

1. How far did you make it on (count each line from the starting point) – Try this 3 times
a. _____ b. _____ c. _____
2. Did you give directions in a polite tone of voice? YES NO
3. Did you calmly listen to your partner? YES NO
4. Was your brain in the group the whole time? YES NO

Adaptation Ideas:

- Do this without talking.
- Video tape and review to talk about expected and unexpected behaviors
- Try doing this with both people walking backwards
- Have one walk backward and one forward
- Look up more fun Noodle activities from: 50 Ways to Use Your Noodle by: Chris Cavert & Sam Sikes



Use Your Noodle Activity

(Working in a group of 4)



2

Noodle Expectations:

1. Noodles are tools not weapons
2. Noodles are held in our hands while waiting

Today you will work in a **group of 4**. You need to decide these things:

1. Who will be first, second, third and last?
2. How can you decide?

Each pair will need **small noodles**. You need to decide these things:

1. How many noodles do you need?
2. Who will give directions?

Activity 2:

1. Person in front puts noodle on their back
2. Person in back puts noodle on their chest
3. You cannot use your hands to hold up the noodle
4. Walk down the hallway until the noodle falls or you touch it then STOP

Data:

1. How far did you make it on (count each line from the starting point) – Try this 3 times
a. _____ b. _____ c. _____

2. Did you give directions in a polite tone of voice? YES NO

3. Did you calmly listen to each other? YES NO

4. Was your brain in the group the whole time? YES NO

Adaptation Ideas:

- Do this without talking.
- Video tape and review to talk about expected and unexpected behaviors
- Have everyone walking backwards
- Have one walk backward and one forward etc.
- Look up more fun Noodle activities from: 50 Ways to Use Your Noodle by: Chris Cavert & Sam Sikes



Use Your Noodle Activity 3

(Working in pairs)



Noodle Expectations:

1. Noodles are tools not weapons
2. Noodles are held in our hands while waiting

Today you will **work in pairs**. You need to decide these things:

1. Who will be partners?
2. How can you decide?

Each pair will need a **long noodle**. You need to decide these things:

1. Who will be in front?
2. Who will give directions?

Activity 3:

1. Person in front puts noodle on their back
2. Person in back puts noodle on their chest
3. You cannot use your hands to hold up the noodle
4. Walk down the hallway until the noodle falls or you touch it then STOP

Data:

1. How far did you make it on (count each line from the starting point) – Try this 3 times

a. _____ b. _____ c. _____

2. Did you give directions in a polite tone of voice? YES NO
3. Did you calmly listen to each other? YES NO
4. Was your brain in the group the whole time? YES NO

Adaptation Ideas:

- Do this without talking.
- Video tape and review to talk about expected and unexpected behaviors
- Try doing this with both people walking backwards
- Have one walk backward and one forward etc.
- Look up more fun Noodle activities from: 50 Ways to Use Your Noodle by: Chris Cavert & Sam Sikes



Use Your Noodle Activity 4

(Working in group of 4)



Noodle Expectations:

1. Noodles are tools not weapons
2. Noodles are held in our hands while waiting

Today you will work in a **group of 4**. You need to decide these things:

1. Who will be first, second, third and last?
2. How can you decide?

Each pair will need a **long noodle**. You need to decide these things:

1. How many noodles do you need?
2. Who will give directions?

Activity 4:

Data:

1. How far did you make it on (count each line from the starting point) – Try this 3 times

a. _____ b. _____ c. _____

2. Did you give directions in a polite tone of voice? YES NO
3. Did you calmly listen to each other? YES NO
4. Was your brain in the group the whole time? YES NO

Adaptation Ideas:

- Do this without talking.
- Video tape and review to talk about expected and unexpected behaviors
- Have everyone walking backwards
- Have one walk backward and one forward etc.
- Look up more fun Noodle activities from: 50 Ways to Use Your Noodle by: Chris Cavert & Sam Sikes