

2. The Girl with the Spaghetti



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To help children learn to take small bites when approaching tasks or developing new skills. By breaking a goal into smaller steps, each step becomes easier, the goal feels more attainable, and the child approaches it with greater enthusiasm.

1. Ask the child to describe the illustration in their own words.

2. Sample questions to highlight the metaphor.

- Could the girl swallow the largest bite all at once?

Typically, the child will answer that she would have trouble eating so much food. She might choke, make a mess, have tears in her eyes, or even feel like vomiting.

- What would happen if she chose the smallest bite?

The child will answer that the girl would feel fine, could take another bite if she were still hungry, would swallow the food more easily, and would digest it much better.

3. Connect the metaphor to a problem the child is facing.

SCHOOL

abc

In your schoolwork, do you take big bites or small bites?

Help the child discover how to take small bites of homework - for example, by focusing on one subject at a time, completing one part now and another later, or learning to plan ahead so they are not forced to take enormous bites at the last minute.

If the child feels unable to learn a subject that seems too difficult, ask what a small bite might look like in that situation - such as setting aside a specific amount of time each day to review the exercises covered in class.

SOCIAL SKILLS



If the child judges themselves harshly whenever they make a mistake, use the illustration to help them understand that self-mastery requires time and patience.

You can also use the metaphor to suggest that healthy relationships are built through many small, ongoing gestures: joining a game another child proposes, sharing toys, giving compliments, forgiving...

OTHER



If cleaning their bedroom or playroom seems overwhelming, ask the child to take small bites by dividing the task into areas, types of toys, or storage spaces.

A child's wishes can become an opportunity to develop saving habits, as they learn to feel proud of setting aside the needed amount little by little.

Long-term projects will seem more manageable when the child learns to identify the steps that must come before the goal can be achieved.