

Little Life Warrior Family Fact Sheet

Pool Noodle Swords

What are Pool Noodle Swords?

Pool noodle swords are soft foam play tools designed to help children release big feelings through safe physical play.

Children often carry anger, frustration, and excitement in their bodies. They need ways to move and release that energy safely.

Pool noodle swords give them a safe outlet.

- They can swing.
- They can hit pillows.
- They can move their bodies without hurting anyone.

The goal is not fighting.

The goal is helping children learn how to manage strong emotions.



Why Movement Helps Emotional Regulation

When children feel overwhelmed, their thinking brain goes offline.

Their body fills with energy.

You may see:

- hitting
- yelling
- throwing things
- running away
- refusing to listen

This is the brain's alarm system activating.

Children need movement before they can calm down.

Safe physical play allows the body to release that built-up energy.

How Pool Noodle Swords Help

Pool noodle swords support children to:

- release anger safely
- move big energy out of their body
- practice stopping and starting their body
- build frustration tolerance
- learn safe boundaries
- feel powerful without hurting others

They turn big feelings into safe play.

Important Safety Rules

Always supervise play.

Use only soft foam noodles.

Create a clear play space.

Remind children

- people are not for hitting
- stop when someone says stop
- keep swings below shoulder height

A Simple Reminder

- Children regulate through their bodies first.
- Talking comes later.
- Safe movement helps the brain return to calm.
- Try asking your child
- "Does your body need to get the energy out?"
- Then hand them the noodle sword.
- Sometimes the fastest way back to calm is a few swings at a pillow.

Signs Your Child is Regulating

You may notice:

- breathing slows
- movements become smaller
- voice becomes calmer
- your child starts talking again

This is the body settling.

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How to Use Pool Noodle Swords at Home

Step 1

Create a safe hitting zone.

Examples

- couch cushions
- pillows
- a mattress
- a punching pillow
- outside on the grass

Step 2

Set clear rules.

Simple rules work best.

- pillows are for hitting
- people are not for hitting
- stop when asked

Step 3

Let your child move.

Allow them to swing, hit pillows, and release energy.

Stay calm and nearby.

Step 4

Name what you see.

Examples:

- “Your body had a lot of angry energy.”
- “You hit the pillow really hard.”
- “That feeling looked big”

Step 5

Notice when the body calms.

- “You slowed down.”
- “Your body looks calmer now.”

This helps children connect movement with regulation.



Fun Ways to Use Pool Noodle Swords

Sword Battle with Rules

Have a gentle battle.

Rules

- body hits only below shoulders
- stop when someone says stop
- no face hits

Practice stopping and restarting.

Angry Energy Release

Invite your child to hit a pillow.



Pool Noodle Drumming

Use noodles as drumsticks.

Drum on:

- exercise balls
- buckets
- cushions
- a box

Try different rhythms.

Fast angry drums.
Slow calm drums.

This helps the body shift from high energy to calm.



Target Game

Place pillows or soft toys around the room.

Children hit targets with the noodle.

Give each target a feeling.

Examples

- angry pillow
- worry pillow
- silly pillow

Children release feelings through play.

Obstacle Course

- Lay noodles on the floor.
- Children jump over them.
- Step between them.
- Balance while holding them.

Movement supports focus and body awareness.

