

Hey there, noodle friend!

Thanks for joining our exploration of instant noodles and feelings! This little kit is all about discovering the hidden emotional side of your noodle habits.

No wrong answers here - just share your honest experiences. We're curious about how these quick meals might serve more than just calories!

Memory in a Vessel

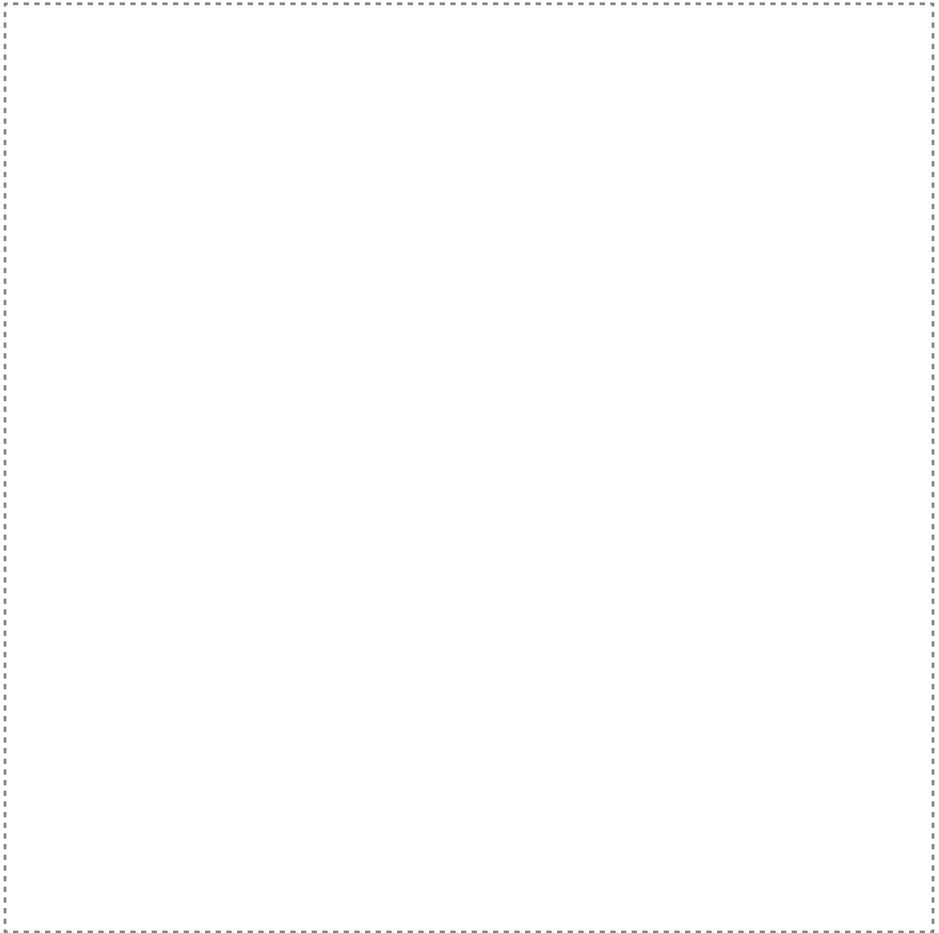
1

In this box, doodle in:

In the center → Your earliest or favorite instant noodle memory

Around the rim → What feelings bubble up with this memory?

In between → Doodle or write about where you were, who was there,
what was happening in your life

A large rectangular box with a dashed border, intended for doodling or writing. The box is empty and occupies the lower half of the page.

Noodles' Rhythms

2

Mark when you had instant noodles this month:

Draw a ☆ for *comfort*

Draw a ⚡ for *quick/rushed*

Draw a 🌃 for *late night*

Draw a 🍷 for *social/shared*

Draw a 🗓️ for *end-of-month budget*

Mon	Tue	Wed	Thur	Fri	Sat	Sun

Any patterns you notice?

Making It Yours

3

How do you make instant noodles your own?

Ingredients you
always add:

Your special trick:

You discovered this
combo when:

3-5 words that
describe YOUR noodles
(beyond just taste):

When you add your
favorite toppings, what
feeling are you craving?

If your noodle bowl had
a soundtrack, what 3
songs would be on it?

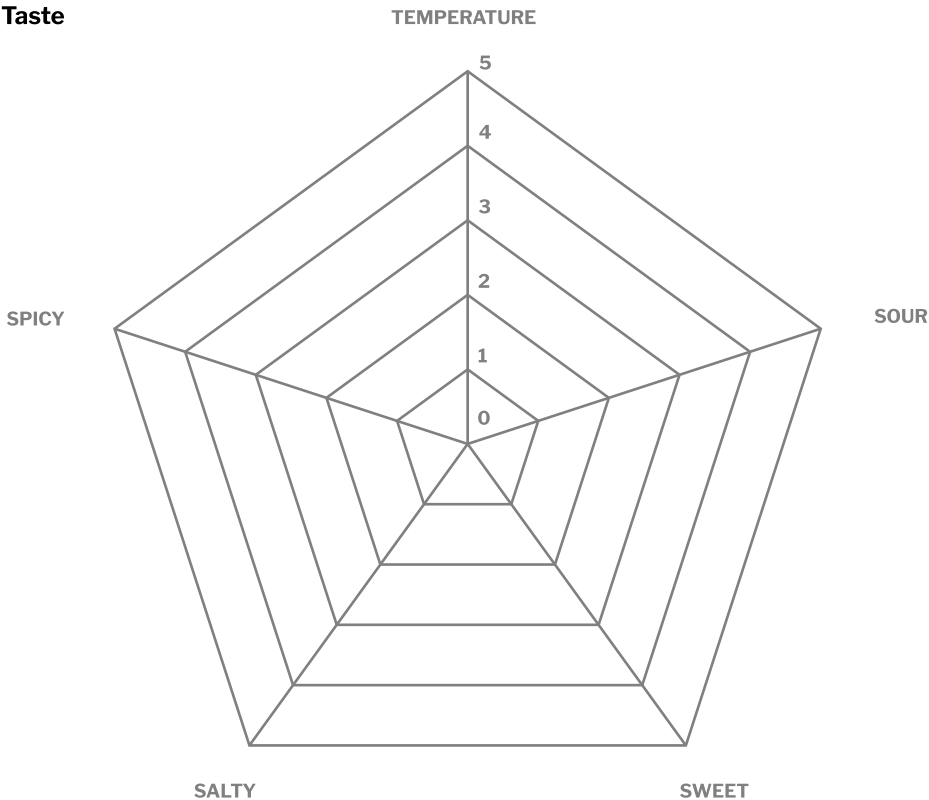
What would it say about
you if your noodle vessel
could tell your story?

Your Flavor Language

4

Mark where your favorite noodles sit on each scale

Taste



Soup level

SOUPY

☐☐☐

DRY/STIR-FRIED

☐☐

Noodle texture

FIRM

☐☐☐☐

SOFT

☐

Oiliness

NOT OILY AT ALL

☐☐☐☐

VERY OILY

☐

The Dream Setup

5

Mark **X** for each that matches your experience.

Five in a row = BINGO!

Standing up	Package as container	Ceramic bowl	Watching videos	Deep plate
On couch	Chopsticks	At table	Cup	Spoon
In bed	On the floor	FREE SPACE	Bowl with lid	Plastic bowl
At desk	Forks	On phone	Studying	Working
Gaming	Chatting	Just eating	Cooking pot	Other utensils

Capturing Moments

6

Capture your noodle world in pictures!

Use your phone to take 5 photos that tell the story of your relationship with instant noodles:

1. Your Noodle Space

Where do you usually prepare or eat your noodles?
Tell us your favorite spot!

2. The Empty vs. Full

Your vessel or package before and after
– a before/after noodle transformation!

3. Your Secret Ingredient

What do you add to make your instant noodles special?
Show us your favorite upgrade!

4. Noodle Timing

Something that shows WHEN you typically eat noodles
(the clock, the light, the view...)

5. Emotional Snapshot

Take a photo of something (anything!) that represents
how noodles make you feel

Quick tips

- Natural lighting works best
- Real is better than perfect
- Try to capture the mood, not just the noodles

Send to: instnoodles.probe@gmail.com

Subject: "Noodle Study"

Artistic Accidents

7

For your next noodle meal:

1. Flip & place this paper under your vessel as you eat
2. Let splashes create a unique pattern
3. When done, trace around your vessel

4. Note:

Time:

Date:

5. Circle your feelings:

BEFORE:



AFTER:



6. Name your noodle artwork:



Thank you!

When you're done with these activities, just pop everything in the envelope and return it within two weeks.

Your noodle stories will help us understand how these simple meals might actually be serving up comfort, nostalgia, and emotional nourishment alongside the carbs!

Got questions? Want to share more noodle thoughts?
Email: instnoodles.probe@gmail.com