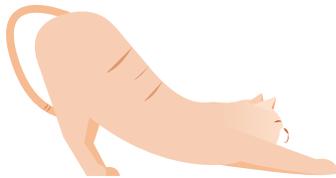


Progressive Muscle Relaxation for Kids

Guide students through systematically tensing and flexing parts of their body using the following script.

This activity is helpful when we are feeling anxious! When we feel anxious, we might feel butterflies in our stomachs, tense muscles, sweaty hands, etc. This activity requires us to pay close attention to how our muscles feel when they are tight and when they are loose. We can practice this anywhere, and the more we practice the more relaxed we will feel.

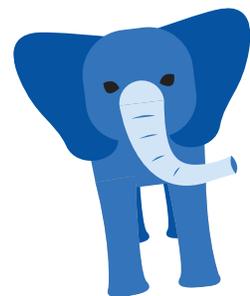
1. Pretend you have a whole lemon in your hand. You want to see how much juice you can get out of it. Squeeze it hard. Feel the tightness in your hand and arm as you squeeze. Now let go of the lemon. Notice the different feelings in your hand.



2. Pretend you are Cleo the cat. You want to stretch. Stretch your arms out in front of you. Stretch them up above you. How high can you reach? Hold them up high, and then release and let them drop.

3. You have a hard candy in your mouth, and you are trying to break into it. Bite down hard with your jaw and hold it. Feel all the muscles in your face. Keep biting and hold it. And then release and let your jaw hang loose. Do you notice a difference in how your face feels?

4. Pretend you are lying down, and a baby elephant walks toward you and steps on your stomach. Don't move, but tense your stomach muscles really tight so your stomach is like a board. Hold it. Ahhhh, the little elephant kept walking. You can release your stomach muscles. Oh, here he comes again!! Tense up. And then release.



5. Pretend you are standing in a big mud puddle barefoot. You want to push your feet as far down into the mud as you can. Push down with your feet and spread your toes apart to feel the mud squish up between your toes. Keep pushing. Ok, now bring your feet back up and relax your legs and feet muscles. How do they feel?