

Progressive Muscle Relaxation

	<p>Squeeze both hands like you are squeezing a lemon and getting all of the juice out of them!</p> <p>1-2-3-4-5</p>
	<p>Stretch forward like a cat; go forward as far as you can!</p> <p>1-2-3-4-5</p> <p>Stretch up towards the ceiling like a cat and stretch as tall as you possibly can, taller!</p> <p>1-2-3-4-5</p>
	<p>Pretend someone put an ice cube down your back and you are trying to get it out.</p> <p>1-2-3-4-5</p>
	<p>Pretend you are in a big mud puddle and squish your toes down in it</p> <p>1-2-3-4-5</p> <p>Now pull your toes out of the mud puddle and flex them towards your nose</p> <p>1-2-3-4-5</p>
	<p>Tighten your stomach really tight like an elephant is going to step on it</p> <p>1-2-3-4-5</p> <p>Uh oh! There is a baby elephant coming, tighten it again! 1-2-3-4-5</p>
	<p>Oh no! There is a fly on your nose and you can't get it off with your hand, scrunch your nose so it will go away!</p> <p>1-2-3-4-5</p> <p>Now it's on your forehead, tighten your face so it will fly away!</p> <p>1-2-3-4-5</p>