

## Muscle Relaxation (for children)



squeeze

Start at your **feet**



feet

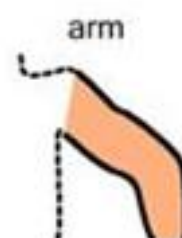
Squeeze the **muscles**

Slowly **let go**



leg

Squeeze your **legs**



arm

Slowly **let go**

Slowly move up your **body**



hands

Until you reach the **top**



head

