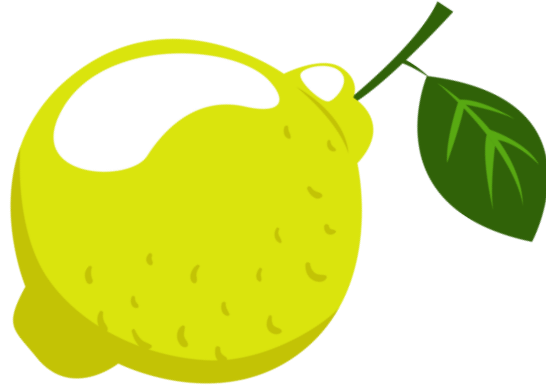


Squeeze a Lemon



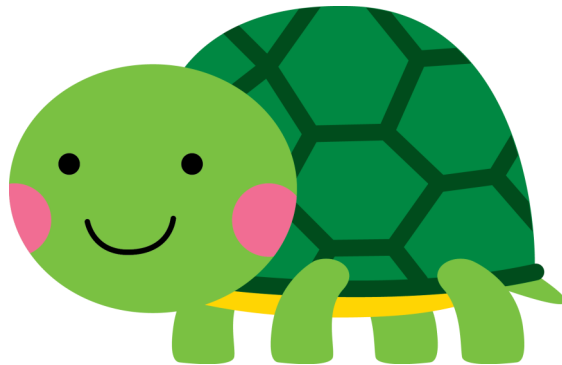
Pretend you have a lemon in each hand. Squeeze it hard. Feel the tightness in your hand and arm as you squeeze. Keep Squeezing (Hold for 10 seconds.) Now relax and let the lemon drop from your hand. Hooray, you did it!

Stretch Like a Cat



Pretend you are a cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Stretch as high as you can. Keep stretching (Hold for 10 seconds.) Hooray, you did it! Let your arms drop .

Hide in Your Shell



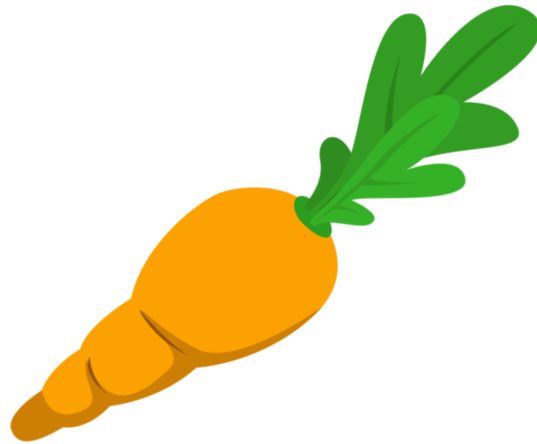
Pretend you are a turtle. Pull your head into your shell. Pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight (Hold for 10 seconds.) Hooray, you did it! You can come out now. Feel your shoulders relax.

**Protect
Your
Tummy**



Pretend that a hippo has decided to sit on your stomach. Hold your stomach as tight as you can. Keep holding (Hold for 10 seconds.) Hooray, you did it! The hippo has gotten off your stomach. Let your stomach relax.

**Chew a
Carrot**



Pretend that you are eating a big, crunchy carrot. Bite down on it. We want to turn that carrot into mush! Keep biting (Hold for 10 seconds.) Now relax, the carrot is eaten. Let yourself go as loose as you can.

**Get a Fly
Off Your
Nose**



Pretend a fly has landed on your nose! Without using your hands, try to get him off your nose. Wrinkle up your nose and hold it just as tight as you can (Hold for 10 seconds.) Hooray, you did it! The fly is gone. Now you can just relax. Let your face go back to normal.