## Progressive Muscle Relaxation

## Whole Body Script

Scrunch up your forehead like you are thinking hard! Squeeze it tighter, tighter! Now you can relax. (hold for around 10 seconds)

Cheeks

Puff your cheeks out as far as you can! Make them bigger, like you have a mouth full of food!

Now, relax (10 seconds)

Shoulders

I want you to try and touch your shoulder blades together! Squeeze tighter, you're almost there! Now you can relax (10 seconds)

Sit up super straight and try to be as tall as you can! Taller! Taller! And now relax (10 seconds)

I want you to press your feet into the ground as hard as you can! Push, Push! And now relax (10 seconds)

Squeeze your eyes tight like you are about to blow out the candles on your cake and make a wish!

No peeking! (10 seconds)

I want you to pretend you are chewing a really big piece of gum! It's really hard to chew, but keep chewing! (10 seconds)

want you to make your arms as straight and stiff as possible! Pretend you are frozen! Now you can relax (10 seconds)

I want you to make your legs as straight as you can! Pretend you are frozen again! Now you can relax (10 seconds)

Pretend you are at the beach, and squish your toes in the sand! So squishy! And now relax (10 seconds)