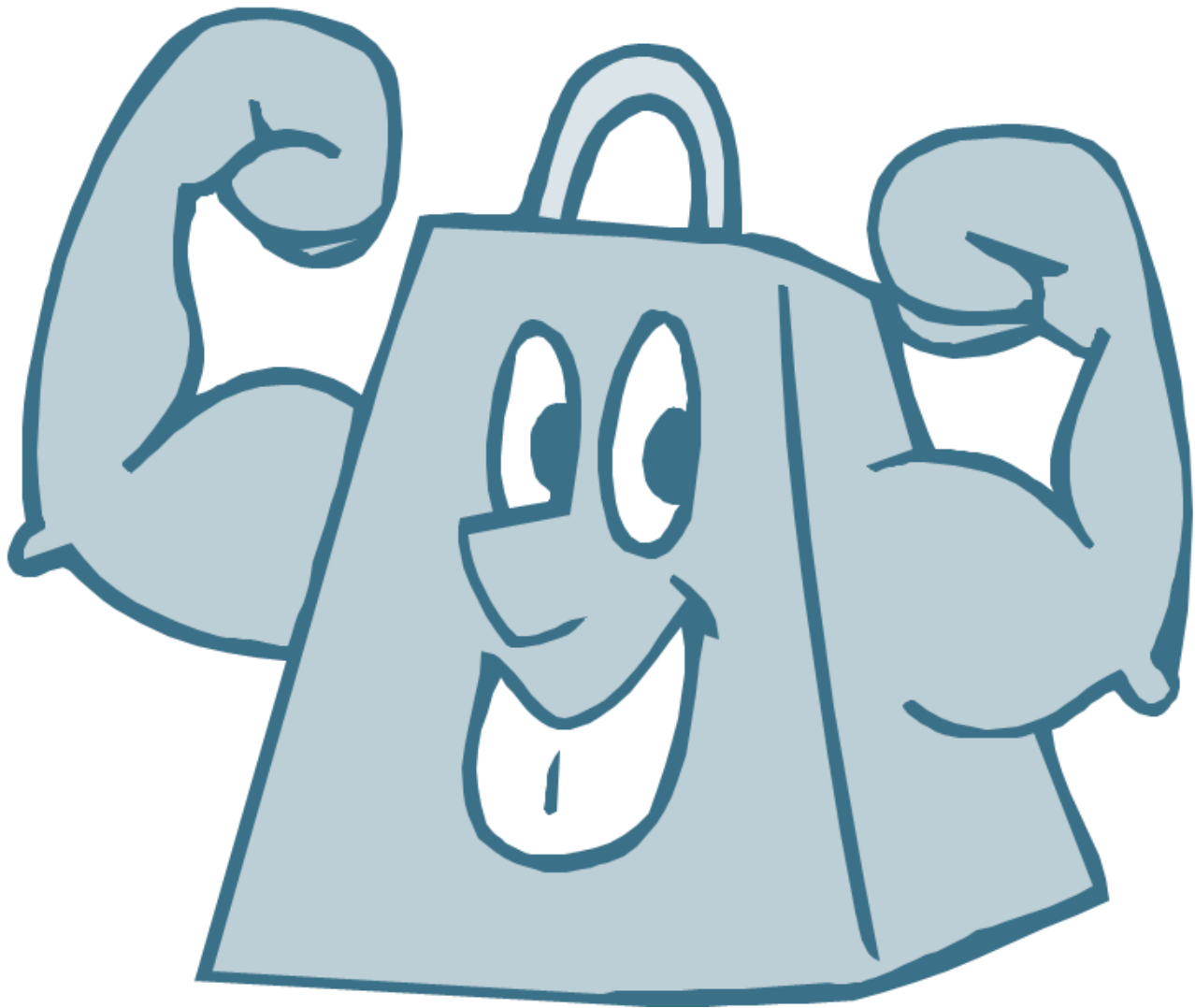


Strong Muscles



Breathe and Relax Routine: Strong Muscles

We are going to squeeze our muscles and make them very strong. First, bend your elbows and make all your arm muscles strong and tight. Make your fists real tight. Stronger, stronger. Now take a deep breath and say, “Whoosh!” and let all your arm muscles be loose and soft like jelly. Breathe and relax.

Now, make your leg muscles tight and strong. And, make your feet muscles, knee muscles, leg muscles, and bottom muscles all tight and strong. Stronger, stronger. Now take a deep breath and say, “Whoosh!” and let all your leg muscles be loose and soft like jelly. Breathe and relax.

Now make your face muscles tight. Squeeze your mouth. Squeeze your forehead. Tighter, tighter. Now take a deep breath and say “Whoosh!” and let your face muscles be loose. Breathe in a normal breath and make a very small, soft smile. Feel your breath go in and out. Feel relaxed. Feel calm. Breathe and relax.