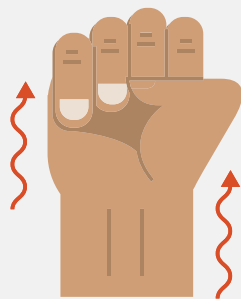


Tense and Relax

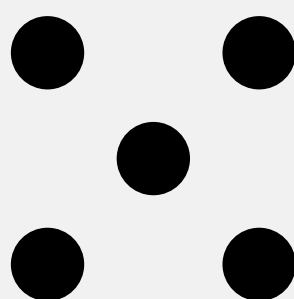
This poster has four different rows of tense and relax activities. Do one row at a time. Consider covering the other rows to help focus on one activity at a time.

First



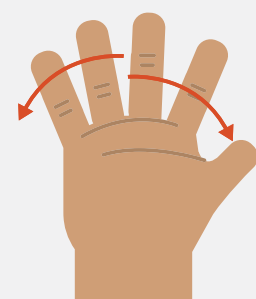
***Squeeze your hand
into a fist***

Next

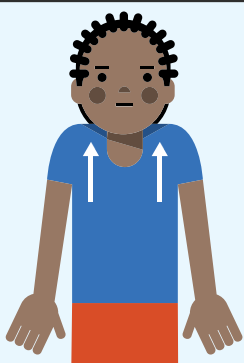


Count to five

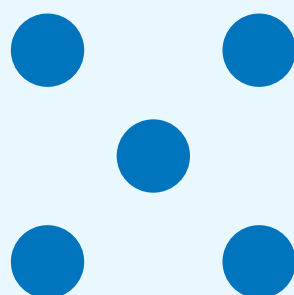
Then



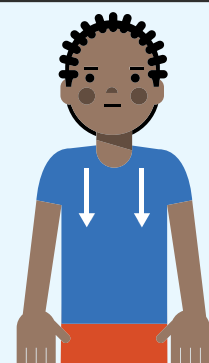
Relax your hand



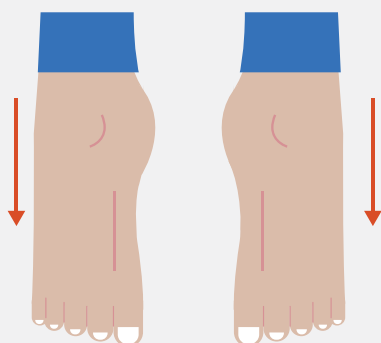
***Push your shoulders
up to your ears***



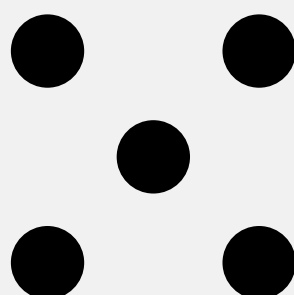
Count to five



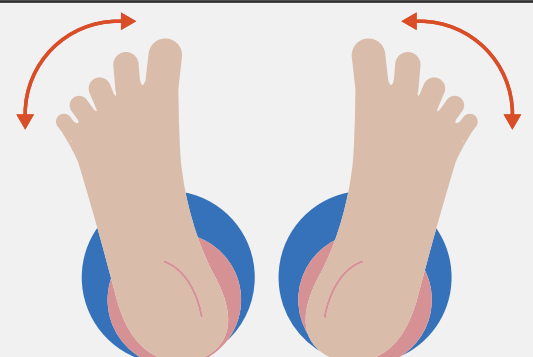
Relax your shoulders



***Push your feet into
the ground***



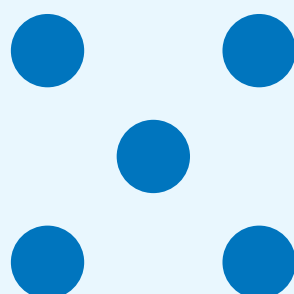
Count to five



Relax your feet



Squeeze your belly



Count to five



Relax your belly



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