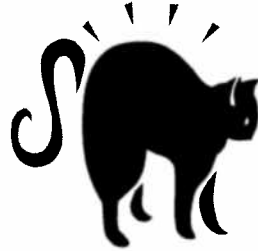


What you can do to relax

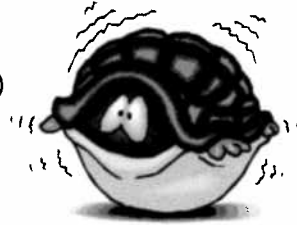
1. **Lemon** (hands)



2. **Stretching Cat** (back)



3. **Turtle** (neck and shoulders)



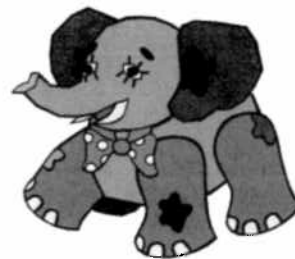
4. **Jaw-breaker Bubble Gum** (jaw)



5. **Pesky Fly** (face)



6. **Baby Elephant** (stomach)



7. **Mud Puddle** (legs)



PMR Script

Hands and Arms:

Pretend you have a whole lemon, one in each hand. Now squeeze them hard. Try to squeeze all the juice out. Feel the tightness in your hands and arms as you squeeze. Now drop the lemons. Notice how your muscles feel when they are relaxed. Take another lemon in each hand and squeeze them. Try to squeeze these lemons harder than you did the first lemons. That's right. Real hard. Now drop your lemons and relax. See how much better your hands and arms feel when they are relaxed.

Arms and Shoulders:

Pretend you are a furry lazy cat. You want to stretch. Stretch your arms out in front of you. Raise them up high over your head. Way back. Feel the pull in your shoulders. Stretch higher. Now just let your arms drop back to your side. Okay, kitten, stretch again. This time let's have a great big stretch. Stretch your arms out in front of you. Raise them over your head. Try to touch the ceiling. Pull them back, way back. Now let them drop quickly and feel how good it is to be relaxed. It feels good and warm and lazy.

Shoulders and Neck:

Now pretend you are a turtle. You're sitting on a rock by a nice, peaceful pond, just relaxing in the warm sun. It feels nice and warm and safe here. Oh-oh! You sense danger. Pull your head into your house. Try to pull your shoulders up to your ears and push your head down to your shoulders. Hold in tight! It isn't easy being a turtle in a shell. The danger is past now. You can come out into the warm sunshine, and once again, you can relax and feel the warm sunshine. Watch out now! More danger. Hurry pull your head back into your house and hold it tight. You have to be closed in tight to protect yourself. Don't even let a tiny piece of your head show out of your shell. Feel the tightness in your neck and shoulders. Okay. You can come out now. It's safe again. Relax and feel comfortable in your safety. There's no more danger. Nothing to worry about. Nothing to be afraid of. You feel good.

Jaw:

You have a giant jawbreaker bubble gum in your mouth. It's very hard to chew. Bite down on it. Hard! Let your neck muscles help you. Now relax. Just let your jaw hang loose. Notice how good it feels to just let your jaw drop. Okay, it's time to tackle the jawbreaker again. Bite down, as hard as you can! Harder! Try to squeeze it out between your teeth. Oh, you're really working hard. Good. Now relax. Try to relax your whole body. You've beaten the bubble gum. Let yourself go as loose as you can.

Face and Nose:

Here comes a pesky old fly. He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose. Make as many wrinkles in your nose as you can. Scrunch your nose up real hard. Good. You've chased him away. Now you can relax your nose. Oops, here he comes again. Shoo him off. Wrinkle your nose up real hard. Hold it as tight as you can. Notice that when you scrunch up your nose that your cheeks and your mouth and your forehead and your eyes all help you, and they get tight too. So when you relax your nose, your whole face relaxes too, and that feels good. He's gone for good. Now you can just relax. Let your face go smooth, no wrinkles anywhere. Your face feels nice and smooth and relaxed.

Stomach:

Hey! Here comes a cute baby elephant. But he's not watching where he's going. He doesn't see you lying there on the grass, and he's about to step on your stomach. Don't move. You don't have time to get out of the way. Just get ready for him. Make your stomach very hard. Tighten up your stomach muscles real tight. Hold it. It looks like he's going the other way. You can relax now. Let your stomach go soft. Let it be as relaxed as you can. Notice the difference between a tight stomach and a relaxed one. That feels so much better. Oops, he's coming this way again. Get ready. Tighten up your stomach. Real hard. If he steps on you while your stomach is hard, it won't hurt. Make your stomach into a rock. He's stepped over you. Now he's gone for good. You can relax completely. You're safe.

Legs and Feet:

Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep into the mud. Try to get your feet down to the bottom of the mud puddle. You'll probably need your legs to help you push. Push down, spread your toes apart, and feel the mud squish between your toes. Now step out of the mud puddle. Relax your feet. Let your toes go loose and feel how nice that is. It feels good to be relaxed. Back into the mud puddle. Squish your toes down. Let your leg muscles help you push down. Okay, come back out now. Relax your feet, relax your legs, relax your toes. It feels so good to be relaxed. No tenseness anywhere.