

MY MUSCLE SAYS...

When we feel anxious, scared, or other big emotions, the muscles in our body tighten! We can help our body relax by tightening then relaxing our muscles. This technique is called Progressive Muscle Relaxation. Practice PMR using the My Muscle Says game!

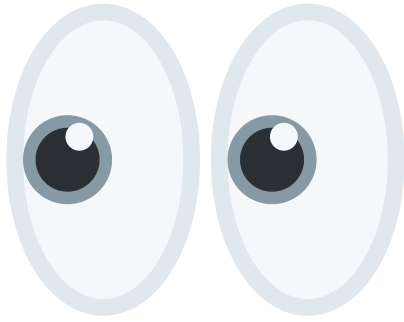
1. Put the deck of "My Muscle Says..." cards in a pile, face down.
2. Take turns picking a card.
3. Once you pick a card, say "My muscle says" then read the card just like in the game Simon Says.
4. Have everyone in the group copy you!
5. Go through the whole deck of cards and practice tightening and relaxing every muscle in your body!



**MY
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SQUEEZE YOUR EYES

It's way too sunny outside. Squeeze your eyes shut so you can't see any light. Hold for 5 seconds. Then relax your eyes.



SQUEEZE YOUR NOSE

Peeyew! There is something stinky in the air. Scrunch your nose into the center of your face pretending to smell the air around you. Hold for 5 seconds. Then relax your nose.



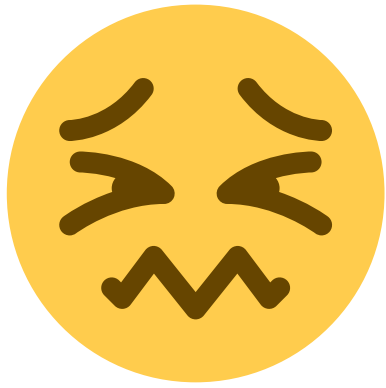
SQUEEZE YOUR MOUTH

Squish your lips together like you are about to blow a big air kiss! Hold for 5 seconds squeezing your top and bottom lip together as tight as you can. Then relax your mouth.

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SQUEEZE YOUR FACE

Squeeze every muscle in your face. Try and squish every face muscle to shrink your face as small as you can. Hold for 5 seconds. Then relax your face.



SQUEEZE YOUR JAW

Growl like you are a tiger! Chomp your teeth together and show your sharp teeth. Hold for 5 seconds. Then relax your jaw.



STRETCH YOUR NECK

You ate a giraffe trying to reach the leaves at the very top of a tree! Stretch your neck as high as you can. Hold for 5 seconds. Then relax your neck.

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STRETCH YOUR ARMS



You are a star fish! Stretch your arms out as wide as you can making yourself the biggest star. Hold for 5 seconds. Then relax your arms.

SQUEEZE YOUR HANDS



You just picked oranges and are ready to make fresh squeezed orange juice. Grab an orange in each hand and squeeze them as tight as you can. Squeeze every drop of juice out of the orange. Hold for 5 seconds. Then relax your hands.

SQUEEZE YOUR LEGS



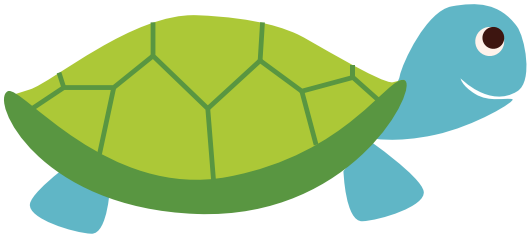
Your legs have turned into two pencils! Straighten your legs and squeeze them tight like two straight pencils. Hold for 5 seconds. Then relax your legs.

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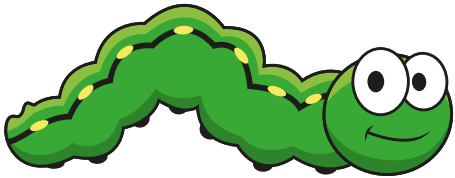
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SCRUNCH YOUR SHOULDERS



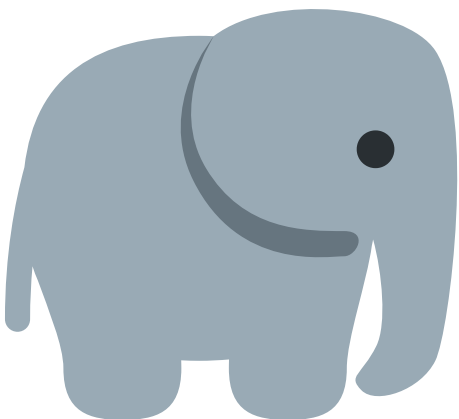
You are a scared turtle trying to hide inside your shell! Scrunch your shoulders as high as you can, hiding your head inside your shell. Hold for 5 seconds. Then relax your shoulders.

SQUEEZE YOUR BUM



You are lying on your back watching the clouds. A caterpillar comes along and needs to crawl under you to get home. Squeeze your bum tight and feel your lower back lift off the ground to let the caterpillar crawl under you. Hold for 5 seconds. Then relax your bum.

TIGHTEN YOUR BELLY



You are lying on your back watching the clouds. An elephant is walking by and doesn't see you. The elephant is about to step on your belly. Tighten your stomach! Hold for 5 seconds. Then relax your stomach.

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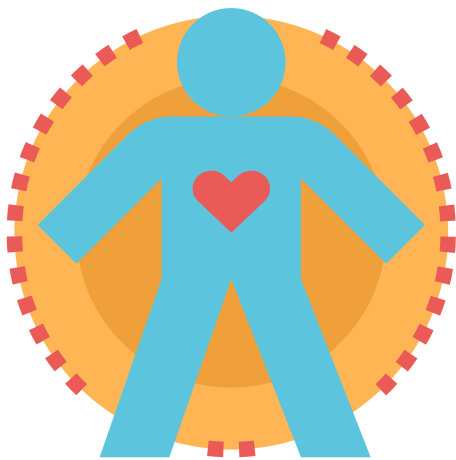
SQUEEZE YOUR...

MAKE YOUR OWN!



POINT YOUR FEET

You are a ballerina spinning around. Point your toes tight! Hold for 5 seconds. Then relax your feet.



SQUEEZE YOUR FULL BODY

Now, squeeze every muscle in your body from the top of your head to your toes. Squeeze as tight as you can. Hold for 5 seconds. Then relax your body. Feel your body sink into the ground as you relax