

Compass



Relaxation for your Body

Jaw: Chew That Carrot

Now, pretend that you are trying to eat a giant carrot. It is very hard to chew. Bite down on it, as hard as you can. We want to turn that carrot into mush!! Keep biting, hold for 10 seconds. Good. Now relax. You've eaten the carrot. Let yourself go as loose as you can.



Shoulders and Neck: Hide in Your Shell



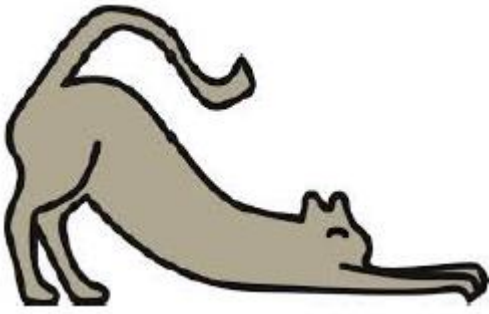
Now pretend you are a turtle. Try to pull your head into your shell. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight! Hold for 10 seconds. Ok, you can come out now. Feel your shoulders relax.

Hands and Arms: Squeeze a Lemon

Pretend you have a whole lemon in each hand, now squeeze it hard. Try to squeeze all the juice out! Feel the tightness in your hand and arm as you squeeze, squeeze hard! Don't leave a single drop. Hold for 10 seconds. Now relax and let the lemon drop from your hands.



See how much better your hands and arms feel when they are relaxed.



Arms and Shoulders: Stretch Like a Cat

Pretend you are a furry, lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for 10 seconds. Great! Let them drop very quickly and feel how good it is to be relaxed. It feels good and warm and lazy.

Face and Nose: Get That Fly Off Your Nose

Here comes a pesky old fly, and he has landed on your nose! Try to get him off without using your hands. Wrinkle up your nose. Make as many wrinkles in your nose as you can. Scrunch up your nose really hard and hold it just as long as you can. Notice that when you wrinkle up your nose, your cheeks and your mouth and your forehead and your eyes all help you and they get tight too. Hold for 10 seconds. Good. You've chased him away. Now you can relax and let your whole face go smooth.



Legs and Feet: Squish Your Toes in the Mud



Pretend that you are standing barefoot in a big, 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, squish your toes down. Push your feet, hard! Hold for 10 seconds. OK, come back out now. Relax your feet, relax your legs and relax your toes, it feels so good to be relaxed. No tenseness anywhere. You will feel warm and tingly.



Stomach: make sure the elephant doesn't squish you!

A cute baby elephant is coming towards you but he is not watching where he is going and you are lying on the grass. You don't have time to move out of the way, you need to make your stomach very hard and tighten up your muscles. He looks like he is going the other way, let your stomach go soft and relaxed. Oops, he is coming back, squeeze your stomach really tight and hard so it won't hurt if he steps on you. He's moving away again now, you can relax your stomach as much as you can. He's turned around and is coming this way, he's not going to turn around. Make your stomach as tight as possible, hold on tight, he steps over you! Now he's gone and you can relax completely. You are safe and enjoy the feeling of being very relaxed.