



Squeeze and let go!

Sit down on chairs with feet flat on the ground or sit crossed legged on the ground, sit with a straight back and let your hands relax on your knee, taking nice deep breaths.

Allow your breath to fill up your tummy like a balloon

Feel your tummy get bigger as you breathe in and smaller as you breathe out.

Breathing in and out allowing your body to relax.

Gently close your eyes or find a spot on the floor to look at with a soft gaze.

As you breathe in squeeze the muscles in your face to make a funny face.

Squeeze them as tight as you can, as you breathe out relax and let go, relaxing the muscles in your face.

Squeeze again. Feel all the muscles in your face go tight.

As you breathe out, relax your muscles and smile.

Squeeze your shoulders up towards your ears, squeeze them hard, feeling your shoulders going tense.

Then relax and let go.

Notice if your shoulders feel tight or relaxed, then squeeze them up again and breathe in.

Let them gently go and breathe out. Ahhhh!

Next move to your arms.

Breathe in. Squeeze them tight so they are firm and hard.

And then breath out, relax and let go, squeeze them again and breathe in.

And then allow your arms to go all soft as you breathe out.

Now squeeze your hands tight like a ball. Make them as tight as you can!

Then let them go and stretch them open.

Squeeze them again as tight as you can as you breathe in, then breathe out and let them open again.

Then move to your tummy. Breathe in and feel your tummy get bigger.

Hold it, then let go and relax and allow your tummy to go smaller.

Do this again. Feel your muscles go tight as you squeeze then relax as you let go.

Notice any feeling in your tummy. Does it feel soft or tight?

Now squeeze your legs., squeeze them tight, feel the muscles tense and firm.

Then gently let go and relax, squeeze again and then relax.

Finally squeeze your feet tight, feeling your toes curl up as you breathe in, then breathe out and relax.

Do this one more time.

Now wiggle your toes and fingers and stretch your legs,

Take some nice deep breaths and take some time feeling relaxed and settled.

Gently open your eyes when you are ready.

Notice how relaxed your body feels now.

Talk about how this feels together.