

STEPS FOR PROGRESSIVE MUSCLE RELAXATION

We relax our bodies because it lets us better handle our feelings, or emotions.



PMR = tighten your muscles and then release them.

1

GET COMFY

Sit in a chair or lay down.

Close your eyes, and relax.
Take nice, deep breaths in...
and let it out slowly.



Notice that your body is starting to feel relaxed and calm...when you breathe out, feel your body become heavy and relaxed...

3

ARMS & SHOULDERS

Reach way up high, up towards the heavens.

Stretch your arms as far as they will go...
now relax them.

Take a deep breath...in...and out...

Let's do that again... reach up to the heavens.

Feel how strong you are and grab your power from above. Stretch your arms up as high as you can.

Now, let your arms fall back down and notice how heavy and relaxed they feel.

Let them hang loosely on your lap.



2

HANDS & ARMS



When life gives you lemons, you make lemonade. How do you make lemonade? By squeezing lemons, of course.

Pretend you have two lemons in your hands and you want to make lemonade.

Take your hands and make tight fists, like you are going to squeeze the juice out of the lemons.

Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax.
Let's try it one more time...
Okay, now drop the lemons.

Notice how your muscles feel when they are relaxed.



4

SHOULDERS AND NECK

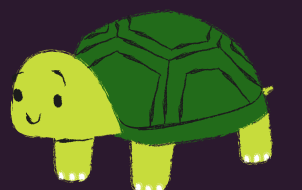
Let's pretend that you're a turtle...tuck your head into your shell, just like a turtle...

Now, take a deep breath and relax your shoulders and neck.

Notice how good it feels to have relaxed muscles.

Now hide back into your shell one more time....pull your shoulders up toward your ears....hold it....good, now relax your shoulders.

Let them hang loose and feel the tension leave your shoulders.



JAW

5

Remember that lemonade we made? Oh no, you forgot to add sugar. Your jaw and face squeeze up because it's too sour!

Keep squeezing your jaw. Squeeze your jaw to make it go away. Okay, you got the sour taste out of your mouth.

Now, relax your jaw. You got thirsty and took another sip of that way-too-sour lemonade.

Yikes, it's still too sour! Tighten your jaw to make it go away...clench it as hard as you can...good, that's better.

Relax your jaw.



FACE

6

AND NOSE

Wow! Here comes a *beautiful butterfly*. She's coming right over to you!

She's flying around your head and, oh. She landed on your nose. Don't touch her with your hands, you might hurt her.

Try to get her to move off of you by scrunching up your nose and face. Wrinkle your face up really hard.

Now relax, she flew away. Feel the muscles in your face relax.

Another butterfly wants to land – quick! Scrunch up your nose and face again. Hold those muscles tight. Looks like the butterfly found another spot, you can relax now.

7

STOMACH

Now imagine you're laying on the floor watching TV.

Your big cousin is coming over to mess with you. He's going to step on your stomach! How rude!

Tighten your tummy so it doesn't hurt.

Keep your tummy hard.

Phew, he's left you alone.

Relax your belly. Keep breathing.

Oh no, he's coming back! Tense your tummy again...keep holding...that's great.

He's gone now. Go ahead and relax.



8

LEGS AND FEET



Pretend that it just rained and there's a big mud puddle.

Press your feet into the floor like you're sticking your bare feet in the warm, wet mud. Stick your toes deep in the mud... as far as they can go... good, now relax your toes.

Take a few breaths. Stick your toes in the mud again...deeper into the mud, feeling it squish around your toes...now relax.

FINISHED!

Notice how relaxed your whole body feels after all the tightening and relaxing of muscles!

Now that you know how this skill works, when are times you could use it?

What about when people treat you unfairly because of your race?

