



## Progressive Muscle Relaxation Script for Kids

Guide students through a gentle exercise where they tense and flex different muscles and parts of their body using the following script to help you. This activity is helpful when students or children are feeling anxious. Anxiety, stress, or overwhelm can cause children to feel physical symptoms such as butterflies in their tummies, tense muscles, hot or flushed skin, sweaty hands, etc. It helps children to pay attention to how the physical body reacts and how our muscles feel when they are tight versus when they are loosened. The activity can be practiced anywhere, and the more children are guided to practice, the more relaxed they will feel.

1. Close your eyes and **pretend you have a piece of candy in your mouth** and are trying to break into it. Bite down hard with your jaw and hold it. Feel all the muscles in your face and your mouth. Keep biting and hold down your bite. Now, release your bite and let your jaw hang loose. Open your eyes. Do you notice a difference in how your jaw and face feel?



2. Let's close your eyes again, and this time **pretend you have lemons in each hand**. You want to see how much juice you can squeeze out. Now, squeeze your fists hard and feel the tightness in your hand and your arms as you squeeze. Now let go. Notice the different feelings in your hand.

3. **Pretend you are a cat** and want to stretch your body. Close your eyes and stretch your arms long out in front of you. Stretch them up above you. How high can you reach? Hold them up high to the sky, then release them and let them drop. Everyone can open their eyes. Do you notice the different feelings in your arms and shoulders?



4. Now, **pretend you are lying on the ground in the jungle**. Close your eyes and see the jungle all around you. What is that coming towards you? It's a baby gorilla walking straight toward you. The baby gorilla steps right on to your stomach. Don't move, just tense your stomach muscles really tight so your stomach is like a board. Hold it. Ahhhh, the baby gorilla walks over you and into the distance. You can release your stomach muscles. Oh, he turned around, and now here he comes again. Tense your tummy muscles tight as a board. And then release. Open your eyes; how does your tummy feel?

5. Okay, last one. Close your eyes and **pretend you are at the beach**, standing in the sand. You want to push your feet as far down into the sand as you can. Push down with your feet and spread your toes apart to feel the sand come up between your toes. Keep pushing your feet down and spreading your toes wide. Now bring your feet back up and relax your legs and feet muscles. How do they feel?

