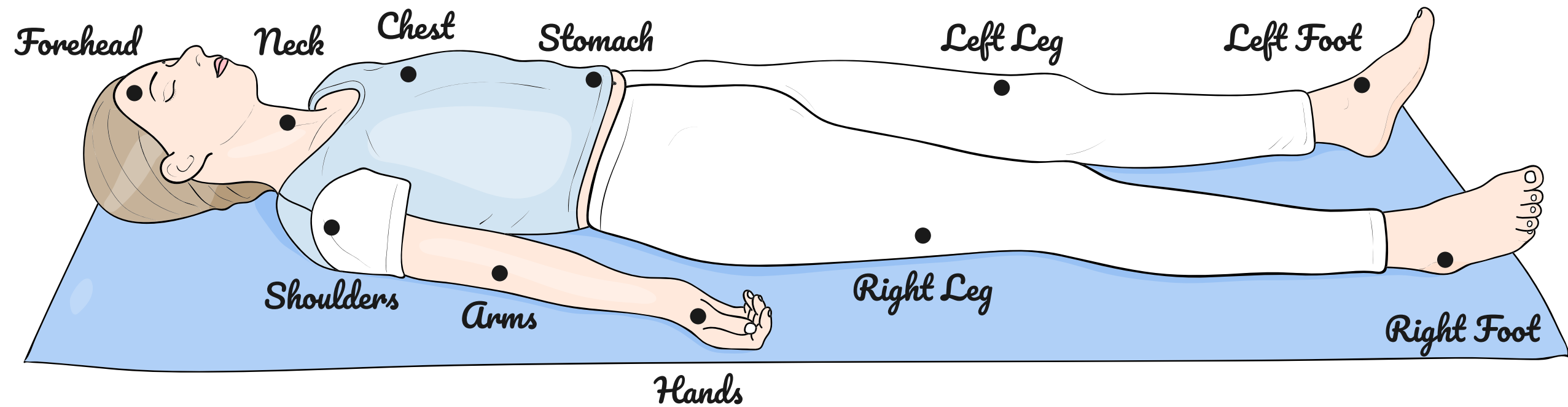


Muscle Relaxation



Start at your head and work down to your feet.

Squeeze each muscle tight and hold that position.

Relax the muscle.

Grades 9-12

