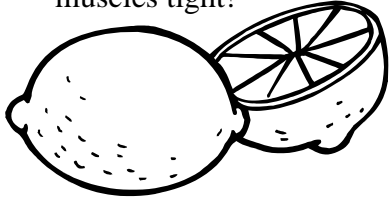
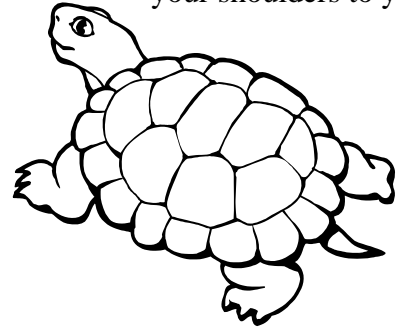


# I CAN RELAX!

Squeeze lemons to make lemonade. Squeeze hand muscles tight!



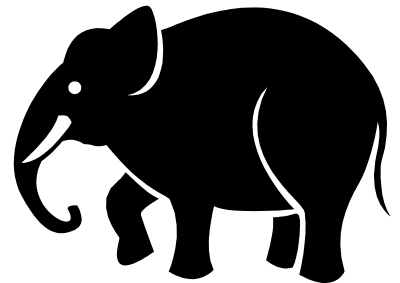
Squeeze your arm muscles like a strongman!



Tuck your head in your shell like a turtle. Try to touch your shoulders to your ears!



Squeeze sand between your toes. Pick up your feet – here comes a wave!



An elephant is stepping on your stomach! Make your stomach muscles hard!

S-t-r-e-t-c-h your mouth with a BIG yawn like a tiger.



There's a fly tickling your nose. Wrinkle



Pucker your mouth like you just ate a VERY sour lemon.