

# I Can Relax!

Squeeze lemons to make lemonade.  
Squeeze your hand muscles tight!



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



Tighten your arm muscles like you  
are strong!



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!



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



There's a fly tickling your nose. Wrinkle  
your nose to make him fly away!



An elephant is stepping on your stomach!  
Tighten your stomach muscles!

