



1. Start by laying down on the floor with your hands by your side.
2. Tense and relax each muscle group for two to three seconds. At the same time, take deep, slow breaths in through your nose and out through your mouth.
3. Start with your feet and toes. Tense then relax.
4. Move up to your knees and thighs. Tense then relax.
5. Move up to your stomach. Tense then relax.
6. Clench your hands. Tense then relax.
7. Move up to your arms. Tense then relax.
8. Move up to your shoulders. Tense then relax.
9. Move up to your face. Tense then relax.
10. Now repeat the activity focusing on how each body part feels when it is tensed compared to when it is relaxed.

*Which part of the body felt most different when it was tensed versus when it was relaxed?*