

# Wellness Lesson 10

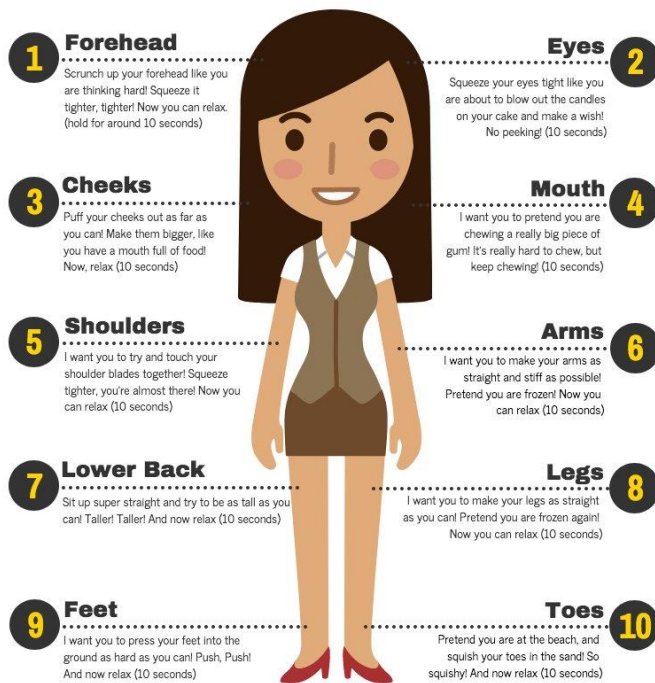
Corresponding video: Muscle Relaxation - <https://www.youtube.com/watch?v=0kVVY2fV9RI>

## Activities:

- Follow the steps highlighted in the video. To practice stretching, tightening, strengthening and relaxing the muscles in the upper body.
- The chart below can help to guide the muscle relaxation process. A script to help children understand the process is also included for parts of the whole body.
- Encourage ALL family members to participate and think about where they might feel stress and other troublesome feelings.

## Progressive Muscle Relaxation

### Whole Body Script



Tykes of Tomorrow

## Challenges for parents:

- Discuss where in the body that you feel stress? Do you feel stress in your neck? In your back? Any where else?
- Did you find stretching, tightening and relaxing these muscles helpful? What else could you try?