Relax Script Cards

Squeeze gently for 5 seconds. Let go and rest for 10 seconds. Keep breathing the whole time.



Lemon Squeeze

HANDS

Squeeze a juicy lemon in your hand. Squeeze... and drop it. Floppy hand.

1



Superhero Arms

ARMS

Bend your elbows and make strong arms. Hold... now noodle arms.

2



Turtle Shell

SHOULDERS

Lift your shoulders up to your ears like a turtle hiding. Hold... and come out.

3



Surprised Owl

FOREHEAD

Raise your eyebrows way up high. Hold... and let your forehead go smooth.

4



Bunny Nose

FACE

Scrunch your nose like a bunny sniffing a flower. Hold... and relax your face.

5



Sticky Taffy

JAW

Bite down gently on sticky taffy. Hold... and let your jaw go loose.

6



Drum Tummy

BELLY

Make your tummy firm like a drum. Hold... and let it go soft.

7



Warm Sand

LEGS AND FEET

Press your feet into the floor and curl your toes in warm sand. Hold... and let go.

8



Finish: Floppy Rag Doll

Let your whole body go loose. Breathe out slowly and think your calm word. Wiggle your fingers and toes, then open your eyes.

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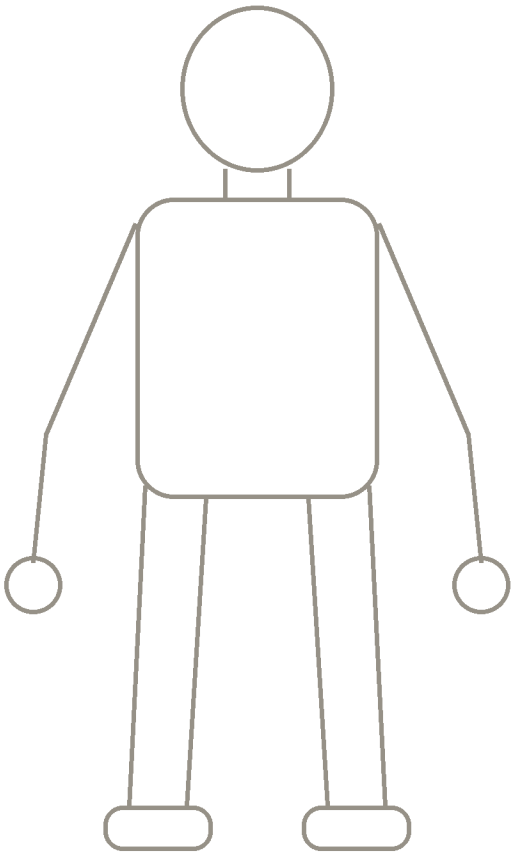
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My Relax Body Map

Where does my body get tight? Color it in, then practice letting it go.

Name: _____ Date: _____

Color my body



My color key

- Red: very tight
- Yellow: a little tight
- Blue: loose and calm

My tight spots

Tick where I feel it most.

- [ ] Hands or fists
- [ ] Arms
- [ ] Shoulders
- [ ] Forehead
- [ ] Face
- [ ] Jaw or teeth
- [ ] Tummy
- [ ] Back
- [ ] Legs
- [ ] Feet or toes

When does my body get tight?

- [ ] When I am worried
- [ ] When I am angry
- [ ] Before a test
- [ ] At bedtime
- [ ] After a fight
- [ ] When it is loud
- [ ] Before a game or show
- [ ] Something else:

Tight to loose meter

Circle how my body feels: 0 is floppy, 10 is a robot.

0 1 2 3 4 5 6 7 8 9 10

My calm word: _____ My favorite squeeze: _____

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Relax Practice Tracker

Practice while calm, a few times a week. Rate your body before and after (0 floppy, 10 robot).

Name: _____ **Date:** _____

Day	Before	Full	5 min	1 min	After	What I noticed
Day 1		☐	☐	☐		
Day 2		☐	☐	☐		
Day 3		☐	☐	☐		
Day 4		☐	☐	☐		
Day 5		☐	☐	☐		
Day 6		☐	☐	☐		
Day 7		☐	☐	☐		
Day 8		☐	☐	☐		
Day 9		☐	☐	☐		
Day 10		☐	☐	☐		
Day 11		☐	☐	☐		
Day 12		☐	☐	☐		
Day 13		☐	☐	☐		
Day 14		☐	☐	☐		

My secret squeeze plan

A secret squeeze is one small, quiet squeeze, a slow breath out and my calm word. Nobody has to notice.

I will use it when: _____

And when: _____

The body part I will squeeze: _____

For grown ups: squeezes should be gentle and never hurt. Skip any injured or sore body part, keep breathing, and let the child keep eyes open. Check with a doctor or physical therapist first for injuries, pain or muscle or joint conditions. Stop if a child feels more upset. In the US, call or text 988 any time if a child talks about hurting themselves, text HOME to 741741, or call 911 in an emergency.

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