

# Monster Relaxation Script

This monster twist on Progressive Muscle Relaxation is an exercise that relaxes your mind and body. You will tense your muscles, then release and feel the muscles relax as you take deep breaths.

**Hands and Arms:** Make a fist with one hand as tight as you can. Show off your big monster muscles. Now let go and wiggle your fingers. Then try the same thing with your other side. (What color is your monster?)

**Arms and Shoulders:** Stretch your arms up high over your head and feel the pull in your shoulders. Make yourself as tall as you can. Now let your arms hang at your side and jiggle like a jelly monster. Now get ready to fly and reach your arms high again. Lean and fly to the right, then fly to the left. Let your arms relax and jiggle by your side again. (How big is your monster?)

**Shoulder and Neck:** Pull your chin down and hunch your shoulders up like a shy, scared monster. Now hold your head up high with your shoulders back like a strong, proud monster. Try it again. (What is your monster feeling?)

**Jaw:** Show us your monster teeth. Bite down hard. Now relax. Lets try it again. (What does your monster sound like? Let's hear it!)

**Face and Nose:** Make a mad monster face by scrunching up your nose and eyebrows. Now let's see your calm monster face.

**Stomach:** Make your belly hard by squeezing it tight and pound on it like a drum. Relax and feel your belly jiggle. Try it again.

**Legs and Feet:** Now pretend you are standing barefoot in a big puddle of slime. Try to get your feet down to the bottom of the slime puddle. Push down, spread your toes apart and feel the slime squish up between your toes. Now step out of the slime puddle. Relax your feet. Let your toes go loose and feel how nice that is. It feels good to be relaxed. Repeat once more.

**Breathe:** Relax your body, take a deep breath in through your nose and blow out like a dragon. Try that three more times. (How does your body feel now?)

