

Squeeze and Relax Script

progressive muscle relaxation for kids



Progressive muscle relaxation is a powerful skill that works by tensing and relaxing muscle groups throughout the body. This kid-friendly version uses fun imagery and language to make the exercise appealing and engaging. With practice, they'll learn to recognize and ease feelings of tension in their bodies so they can better manage their feelings.

We're going to practice a coping skill called Squeeze and Relax. I'm going to ask you to squeeze your muscles one at a time, and then relax them. This can help you calm down when you're feeling mad, worried, or stressed.

Let's get comfortable. Sit back or lie down and close your eyes.

[pause as kids settle in]

Imagine that you're holding two juicy oranges, one in each hand. To get the juice out, make fists and squuuuuueeeeeeeze them real hard.

[pause 10 seconds]

Keep squeezing! When you squeeze hard, you can see the orange juice pouring out.

[pause 10 seconds]

Good! You've gotten all the juice out. Let your fists open and relax. Notice how nice it feels to relax your hands.

[pause 20 seconds]

Next, imagine you're standing barefoot in the sand at the beach. Curl your toes and imagine you're digging them into the sand.

[pause 10 seconds]

Keep curling and digging, pushing your feet deeper into the sand.

[pause 10 seconds]

Now stop and relax your toes and notice how it feels.

[pause 20 seconds]

Now you're going to pretend you're standing on your tiptoes, trying to look over a fence. Try to get as taaaaaalllllll as you can to see what's on the other side!

[pause 10 seconds]

Squeeze and Relax Script

progressive muscle relaxation for kids

Keep standing on your tiptoes.

[pause 10 seconds]

Ok, you can relax now. Notice how good your legs feel.

[pause 20 seconds]

Next, you're going slip through a narrow gap in a fence. Suck in your stomach real tight so you can slide through.

[pause 10 seconds]

Keep holding in your stomach so you can get all the way through!

[pause 10 seconds]

You got through! Now, let your stomach relax. Notice how it feels.

[pause 20 seconds]

A fly just landed on your nose! It's gross, so you don't want to touch it with your hands. Scrunch your nose and wiggle your mouth to try and get the fly off!

[pause 10 seconds]

Keep scrunching until the fly leaves you alone.

[pause 10 seconds]

Finally, it flew away. Relax your face and notice how nice it feels.

[pause 20 seconds]

Take in a deeeeeep breath and then release it slowly. Notice how your entire body feels relaxed now.

[pause 20 seconds]

We're all done! You can open your eyes now. Good job!