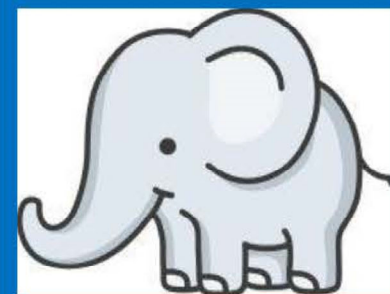


Pretend you are squeezing a whole lemon in your hand. Squeeze it hard! Try to squeeze all the juice out. Feel the tightness in your hand and arm as you squeeze. Now drop the lemon and relax. See how much better your hand and arm feel when they are relaxed? Try with the other hand now

Here comes a cute baby elephant! But he's not watching where he is going! He doesn't see you lying there in the grass and he's about to step on your stomach! Don't move, get ready for him. Make your stomach very hard. Tighten up your stomach muscles real hard. Hold it! Oh phew, he's going the other way! Let your stomach go soft. Oops, he's coming this way again!



Now pretend that you are standing barefoot in a big, fat mud puddle. Squish your toes down deep into the mud. Try to get your feet down to the bottom of the mud puddle. Push down, spread your toes apart and feel the mud squish up between your toes. Now step out of the mud puddle. Let your toes go loose and feel how nice that is!