

Tight-Relax Game

When you feel anxious, the muscles in your body get tight and tense. This can feel uncomfortable and make you feel even more scared or worried. Learning how to relax your muscles is a good way to feel calm again. The Tight-Relax game will help you learn to relax your muscles. Since it is impossible to feel anxious and relaxed at the same time, this is a great way for you to control scared, worried feelings. Follow the steps below:

Step 1: Stand up straight and stiff like a stick, clench your fists, and tighten all the parts of your body from your head to your toes. Hold this tight pose for three seconds.

Tip: Make your muscles go tight but not so tight that they hurt.

Step 2: Unclench your fists and make your body go floppy like a wet noodle. Feel how all your muscles are relaxed. Hold this relaxed pose for three seconds.

Now let's play the Tight-Relax game to help you practice. To play, roll the dice. The number that you roll will let you know how many times to do the tight-relax pose. For example, if you roll a 2, then do the tight-relax pose two times. If you roll a 5, then do the tight-relax pose five times. If you roll the same number again, keep rolling until you get a number you have not yet rolled (and only do the Tight-Relax pose when you role a new number).

Play until you have rolled each number on the dice. You get a prize once you have rolled all six numbers. To help you keep track, check off each time you roll a different number.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Practice Activity to Do at Home: Tight-Relax Pose

Do the tight-relax pose five times each night before bedtime. It will help your body relax in preparation for sleep. If you practice this every night, you will get good at it so you can use it when you need to help your body relax. It's best to do the tight-relax pose together with your parent.

Instructions for the Tight-Relax Pose

Step 1: Stand up straight and stiff like a stick, clench my fists and tighten all the parts of my body from my head to my toes. Hold this tight pose for three seconds.

Step 2: Unclench my fists and make my body go floppy like a wet noodle. Hold this relaxed pose for three seconds.

Use the chart below to keep track. Put a checkmark in the box each time you do the tight-relax pose.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY