Tight and Loose

A squeeze-and-release adventure.

Muscles feel one way when they are working and another way when they rest. Squeeze a little, let go, and find out how different.



TIGHT **LOOSE**

The imaginary lemons



1. Hold out your hands. Pretend there is a tiny lemon in each one.
2. Gently squeeze, as if you were making a little lemon juice. Not too hard: these are tiny lemons.
3. Hold the squeeze for two or three slow counts.
4. Let go. Open your hands and let your fingers flop.
5. How do your hands feel now? Warm? Tingly? Heavy? The same? Any answer is a good one.

Spaghetti and noodles



If you like, try this too. Uncooked spaghetti is stiff and straight. Cooked noodles are wobbly and floppy.

Sit or stand like a piece of stiff spaghetti for a moment. Just a little stiff, nothing hard.

Now you are cooking. Let your arms go soft and your fingers dangle. One floppy noodle.

How did it feel?

Point to the place on the line at the top that matches how your hands feel right now. Then draw it, write it, or tell a grown-up.

WHEN I SQUEEZED

WHEN I LET GO

You are the boss of your muscles. Squeeze only as much as feels comfortable, skip anything that hurts, and stop whenever you want.

For grown-ups: keep every squeeze gentle and short, and let the child watch instead if they prefer. Stop if anything causes pain or discomfort. The guide **Helping Children Notice and Release Tension** has more ideas. For education and everyday skill-building; not a substitute for individualized care.