



**The Owl Centre  
for Children's Independent Therapy**

**Progressive Muscle Relaxation Script**

Read each set of directions **slowly**, using a **calming tone** in your voice. It's important **not** to rush through them.

Introduction:

As we progress through this technique, you will pay attention to each muscle group, taking note of the difference between tense muscles and relaxed muscles. You will need a bit of room around you. Sit back comfortably in your chair. If you feel comfortable please close your eyes. You may get the urge to giggle but this is just because it's a new experience. Your urge will pass.

We will **begin with a relaxing breathing technique** prior to progressive muscle relaxation. Breathe in deeply through your nose. Pause and silently count to three. Now, let out your breath very slowly, as if you're giving a long sigh.

Be aware of the muscles in your face. Relax them beginning with your jaw. Next, relax your shoulders, feeling the tension melt away. Now, feel your tummy. Center one hand right above your belly button. Put your other hand on top of that hand. Breathe in deeply and let out the breath slowly. Notice how your tummy rises and falls. (Repeat at least ten times.)

Now, continue breathing slowly and calmly.

We'll now begin to relax the muscles in your body. Pretend that you have an orange in your right hand and squeeze as hard as you can. (Hold the squeeze for about five seconds.) Pay attention to the tension in your muscles. Now, drop the orange and let your muscles relax. (Repeat for the left arm.)

Now, stretch your arms high above your head and back as far as you can without hurting yourself. Now, let your arms drop. Don't try to stop them. Just let them fall. See how good that feels? Now, reach for the ceiling. Stretch higher. Higher! Go as high as you can. Then pull back. (Hold for three to five seconds.) Now let your arms drop to your side.

Now, let's work on your jaw muscles. We're going to pretend that you have a hard piece of a sweetie in your mouth, and you're going to try as hard as you can to bite through it. Bite hard. Harder! Now, relax your jaw muscles. Let's try it again. (Repeat.) Now, relax. Feel the tension melt away in your entire body.



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We're going to work on your face and nose. Scrunch up your nose as tight as you can, making lots of wrinkles in your face. Don't laugh! Just keep scrunching. Now relax. Let's try it again; scrunch harder. Harder! Relax. Notice how relaxed your face feels.

We're moving to your tummy now. For this exercise, you're going to squeeze your belly as hard as you can, making you look as skinny as possible. Now squeeze...squeeze...squeeze. Good. You can relax now. Next, you're going to try to make yourself even skinnier, and hold it for a good five seconds each time. Squeeze. (Slowly count to five.) Relax. Let's try it one more time. Squeeze as hard as you can. (Count to five.) Relax. Now relax your entire body, and notice how good that feels.

Now, pretend you're on a sandy beach. Squeeze your toes into the sand. Feel the wet sand squish between your toes, using the muscles in your legs to squeeze your toes into the sand as hard as you can. Relax the muscles in your legs. Feel the tension wash away into the ocean. Let's try it again, only this time, dig deeper into the sand, using your legs once again to help you grip with your toes. Relax your toes. Relax your legs. Now, relax your entire body.

Pretend you're a rag doll, and let your entire body go limp. Notice how good it feels to be relaxed. Now, just enjoy the feeling. (Allow one to three minutes for this exercise).

I am going to slowly count to three. When I get to three, slowly open your eyes. One...two...three.

- Do you feel different than you did before we started?
- Tell me what's different about how you feel now?

Whenever you feel anxious, take a few minutes to tighten your muscles; then relax them.

If you need any further help, please do not hesitate to contact us. Good luck...