

**Progressive Muscle Relaxation**

*Progressive muscle relaxation exercises include tensing a group of muscles as one breathes in and relaxing them as one breathes out. These exercises encourage young people to notice how their bodies are feeling and recognize how stress feels in their bodies.*

[Click HERE](https://youtu.be/qcz8G47LL1o) for a guided muscle relaxation activity for younger children:

[**Click HERE**](https://www.youtube.com/watch?v=pyxvL1O2duk&list=TLPQMDcwMjIwMjEZ-xEl72U7Sw&index=2) for a guided muscle relaxation activity for older kids and teens: