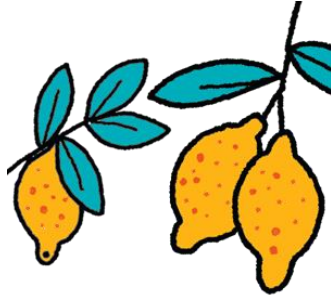


*This exercise releases muscle tension.*

*Pretend you have a lemon in your hand.*



*Reach up to the tree and pick a lemon with each hand.*

*Squeeze the lemons hard to get all the juice out – squeeze, squeeze, squeeze.*

*Throw the lemons on the floor and relax your hands.*

*Then repeat, until you have enough juice for a glass of lemonade!*

*After your last squeeze and throw, shake out your hands to relax!*

