








## Relaxation Mirror Task Card

1	Face		<b>Tense</b> (Tight)	<b>Relaxed</b> (Loose)
2	Hands		<b>Tense</b> (Tight)	<b>Relaxed</b> (Loose)
3	Arms		<b>Tense</b> (Tight)	<b>Relaxed</b> (Loose)
4	Shoulders		<b>Tense</b> (Tight)	<b>Relaxed</b> (Loose)
5	Stomach		<b>Tense</b> (Tight)	<b>Relaxed</b> (Loose)
6	Legs		<b>Tense</b> (Tight)	<b>Relaxed</b> (Loose)
7	Feet		<b>Tense</b> (Tight)	<b>Relaxed</b> (Loose)

