
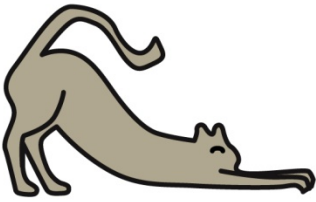
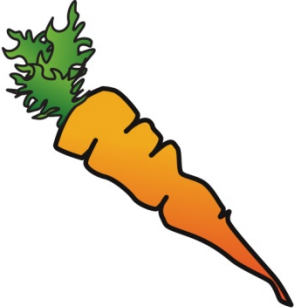
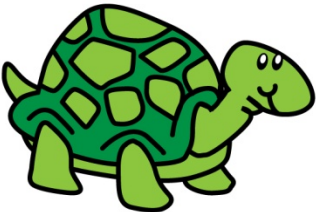

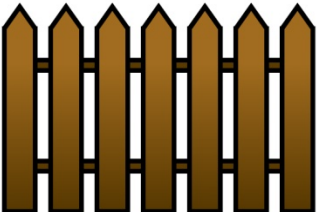
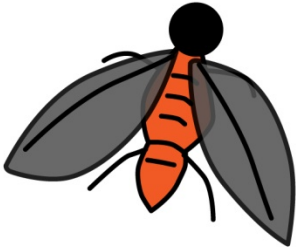


## MUSCLE TENSING PICTURE BOARD

<p><b>Squeeze a lemon</b></p> 	<p><b>Stretch like a cat</b></p> 	<p><b>Chew that carrot</b></p> 
<p><b>Hide in your shell</b></p> 	<p><b>Swing up high</b></p> 	<p><b>Squeeze through a fence</b></p> 
<p><b>Get that fly off your nose</b></p> 	<p><b>Squish your toes in the mud</b></p> 