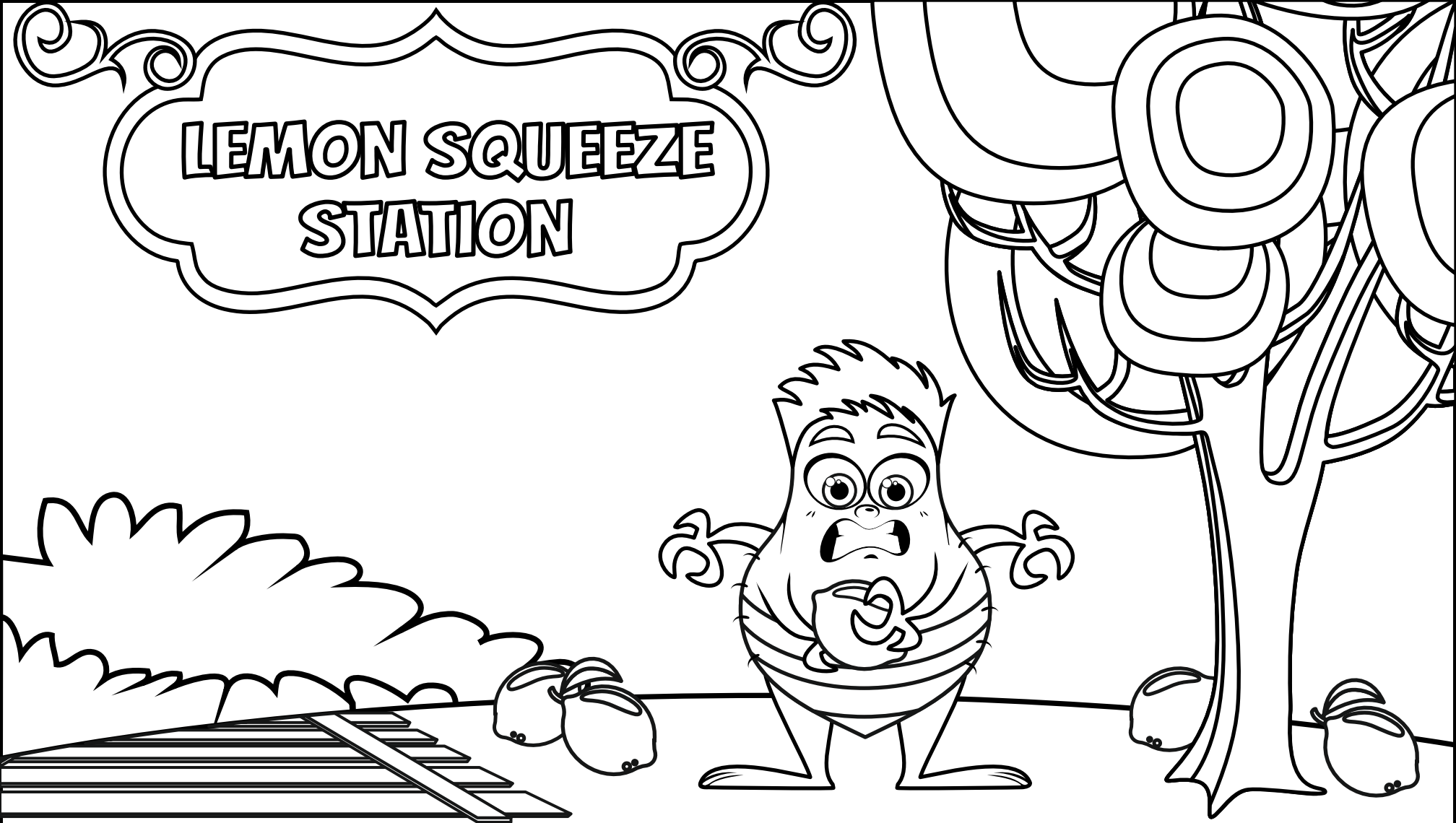
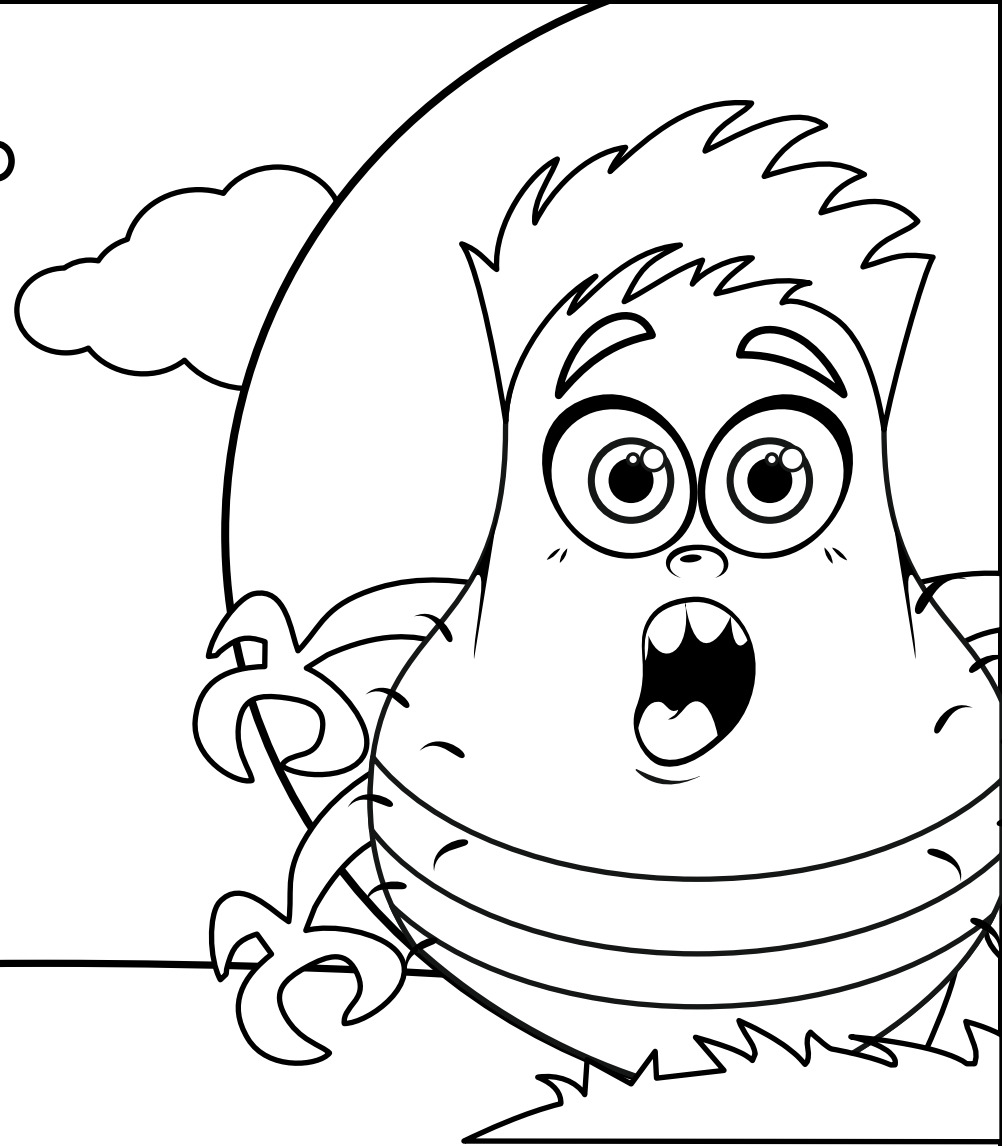
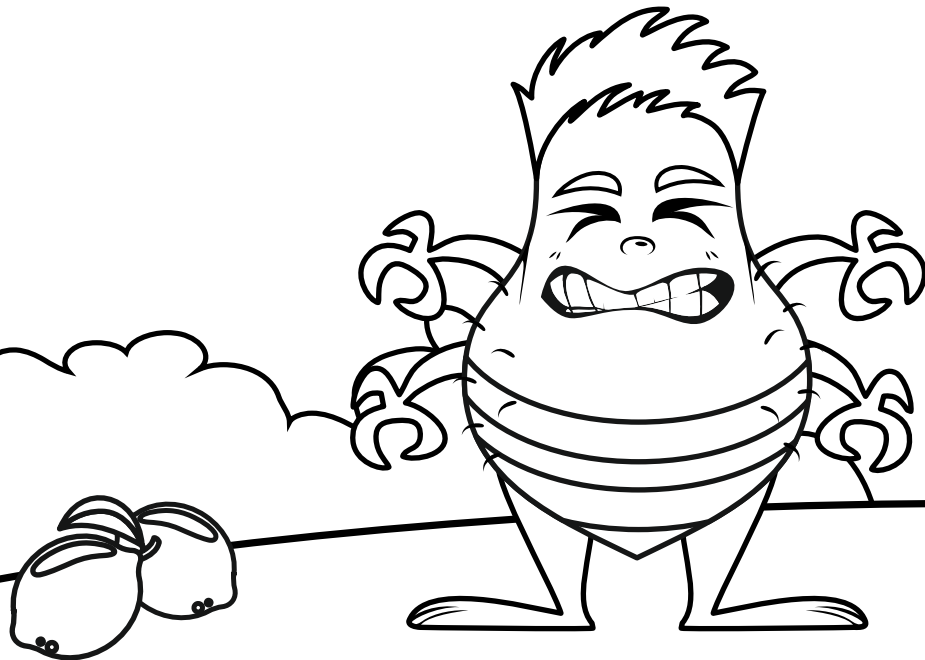


LEMON SQUEEZE STATION



Felix notices that his shoulders feel tight when he is nervous. He can pretend to squeeze a lemon between his palms to help his shoulders feel more relaxed. Can you pretend to squeeze a lemon between your palms? Do your shoulders feel more relaxed?

SURPRISED LEMON STATION



The Surprised Lemon exercise is Felix's favorite way to relax. He pretends to suck on a very sour lemon and scrunches up his face. Then he pretends that he is very surprised. He opens his eyes and mouth as wide as he can. Can you do the Surprised Lemon with Felix?