








Relaxation Mirror Task Card

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

