1. Sit on a chair.

2. Scrunch your face.
   Count to 3.
   1,2,3...
   Take a deep breath.
   Relax.

3. Tense your arms
   Count to 3
   1,2,3...
   Take a deep breath
   and relax.

4. Tense your arms and shoulders.
   Count to 3.
   1,2,3...
   Take a deep breath.
   Relax.

5. Tense your legs.
   Count to 3.
   1,2,3...
   Take a deep breath.
   Relax.

6. Breathe in relaxation
   breathe out tension.

From The Geneva Centre for Autism