

# CONTRACTING & REAXING MUSCLES



Observe the pictures and choose how muscles work.



The boy is sleeping,  
he is.....  
his muscles.

The girl is doing  
exercises, she is  
..... her  
muscles.

She is .....  
her muscles.



The boy is running,  
he is.....  
his muscles.

The girl is practicing  
yoga, she is  
..... her  
muscles.

She is floating, she  
is ..... her  
muscles.