

# CONTRACTING & RELAXING 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.
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The boy is running, he is..... his muscles.	The girl is practicing yoga, she is ..... her muscles.	She is floating, she is ..... her muscles.
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