

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.



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

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

She is floating, she
is her
muscles.