

Massage Stories

The moves.



The Circle

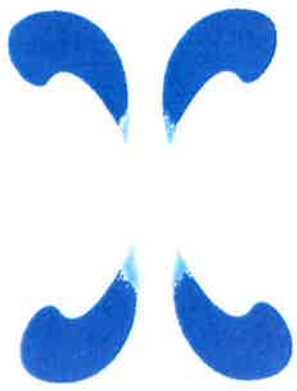


Rest one hand on your partner's shoulder. With the flat of the other hand, make a large, circular movement on the back.

This can be in a clockwise or anti-clockwise direction.

Getting Creative

- Make the circular shape in different sizes.
- Draw a half-circle on the back. This can be facing in different directions.
- Vary the speed and pressure of this move, according to the storyline.



The Fan



Start with the flats of both hands resting on either side of the spine at the base of your partner's back and pointing upwards. With both hands working at the same time, stroke your hands up your partner's back gently 'fanning' out, finishing at the shoulders.

Getting Creative

- Reverse the move beginning at the top of your partner's back, with your hands either side of the spine. Stroke your hands in a downward direction, 'fanning' outwards.
- Vary the speed and pressure of the move, according to the storyline.



The Walk



Begin by placing the flat of one hand on your partner's back. Now place your other hand nearby in a different place on the back and, at the same time, gently lift the first hand off. Repeat this 'walking' pattern all over the back and arms.

Getting Creative

- Vary the speed and pressure of the move, according to the storyline.



The Wave



Rest one hand on your partner's shoulder. With the flat of the other hand, make a wave-like, zig-zag movement on your partner's back in a downward direction.

Getting Creative

- Make this move in a horizontal direction across the back.
- Use both hands together.
- Vary the speed and pressure of this move, according to the storyline.



The Squeeze



Place both hands on top of your partner's shoulders. Now gently squeeze and release. Repeat this gentle 'squeezing' movement several times.

Getting Creative

- This 'squeezing' movement also feels good on the arms. Begin at the upper arms, one hand on each arm, and move up and down, applying gentle pressure as you go.



The Claw



Place your hands in the shape of claws with fingers slightly bent and rigid. With both hands on your partner's back, stroke in a downward movement from shoulders to waistline. Maintain the 'claw-like' shape with pads of fingers and thumbs staying in constant contact with the back. Repeat several times.

Getting Creative

- Try this move on your partner's head.
- Make shorter 'clawing' strokes, moving in an upward or downward direction, one hand after the other.
- Vary the speed and pressure of this move, according to the storyline.



The Drum



With both hands held in loosely clenched fists and with hands moving one after the other, gently 'drum' all over your partner's back. Avoid the spine.

Getting Creative

- Try this move on your partner's shoulders and arms.
- Try this move with both hands working together.
- Vary the speed and pressure of this move, according to the storyline.



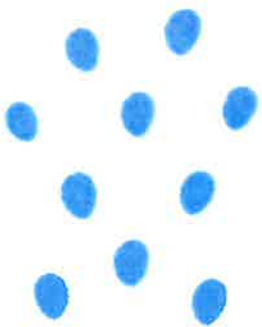
The Calm



Rest the flats of both hands gently on your partner's back, head or shoulders. Hold for as long as is appropriate for the storyline.

Getting Creative

- Use the flat of one hand only.
- Try this on the upper arms or on the ears.



The Sprinkle



With both hands working at the same time, lightly tap the pads of your fingers, one finger at a time, in a random fashion all over the back, as if playing the piano. This is a light and gentle movement.

Getting Creative

- Try this 'sprinkling' movement on your partner's head, shoulders and arms.



The Bounce



With both hands working at the same time, place the pads of the fingers and thumbs on your partner's back. Now gently draw the fingers and thumb of each hand together and lift off quickly. Repeat this 'bouncing' move all over the back.

Getting Creative

- Try this 'bouncing' move on your partner's head, shoulders and arms.
- Vary the speed and pressure of this

The Gruffalo Massage.

Set the scene with some lovely music we use You tube and the music I used was 'forest at night'. The children in Squirrels will recognise these tunes already. Try and keep the room quiet and dark and use a little light if you have one. If you have some sponges and brushes use them for the Gruffalo features if not simply use your hands. I also banged a drum softly which they loved. Begin with the story I've adapted it. Read a line at a time and repeat that slowly and about 5 times. All the children should know these stories already. Check before you begin that you know the moves they're all in the booklet. Do the move as you say the words. You can adapt this and use as a hand or a foot massage. In Squirrels we massage the back and then the foot/hand.

A mouse took a stroll through the deep dark wood. THE SPRINKLE

A fox saw the mouse and the mouse looked good. THE CLAW

A mouse took a stroll through the deep dark wood. THE SPRINKLE

An owl saw the mouse and the mouse looked good. Arms wide slowly stretching out

A mouse took a stroll through the deep dark wood THE SPRINKLE

A snake the snake saw the mouse and the mouse looked good. THE SQUEEZE

A mouse took a stroll through the deep dark wood. THE SPRINKLE

ANDSAW THE GRUFFALO THE CALM

He has knobbly knees and turned out toes and a poisonous wart on the end of his nose. THE FAN Use the sponge touching knees, toes, nose

His eyes are orange THE CIRCLE Use the very soft brush on the face

His tongue is black THE DRUM Use the scratch sponge on the hands

He has purple prickles all over his back. THE BOUNCE Move the wooden massager up and down body

OH NO SAID THE MOUSE AND RAN BACK THROUGH THE WOOD. THE WALK (quickly)

Repeat child's favourite part

Lights back on very slowly.

Dear Zoo

Set the scene with some lovely music we use You tube and the music I used was We're Going to the Zoo, <https://youtu.be/kQJ8JlzSjsU> the book is also on you tube . The children in Squirrels will recognise these tunes already. Try and keep the room quiet and dark and use a little light if you have one.

Begin with the story I've adapted it. Read a line at a time and repeat that slowly and about 5 times. All the children should know these stories already. Check before you begin that you know the moves they're all in the booklet. Do the move as you say the words. You can adapt this and use as a hand or a foot massage. In Squirrels we massage the back and then the foot/hand.

I wrote to the zoo to send me a pet THE WAVE

They sent me an elephant he was too big I sent him back. THE WALK

I wrote to the zoo to send me a pet THE WAVE

They sent me a giraffe he was too tall I sent him back THE FAN

I wrote to the zoo to send me a pet THE WAVE

They sent me a lion he was too fierce I sent him back THE CLAW

I wrote to the zoo to send me a pet THE WAVE

They sent me a camel he was too grumpy I sent him back THE DRUM

I wrote to the zoo to send me a pet THE WAVE

They sent me a snake he was too scary I sent him back THE SQUEEZE

I wrote to the zoo to send me a pet THE WAVE

They sent me a monkey he was too naughty I sent him back THE CIRCLE

I wrote to the zoo to send me a pet **THE WAVE**

They sent me a frog he was too jumpy I sent him back **THE BOUNCE**

So they thought very hard and sent me **THE CALM**

A puppy . He was perfect. **THE SPRINKLE**

Repeat the part that they like the most.

Quietly turn the lights back on and let them get used to where they are.

The Very Hungry Caterpillar Massage.

Set the scene with some lovely music we use You tube and there are two hungry caterpillars tunes on there. The children in Squirrels will recognise these tunes already. Try and keep the room quiet and dark and use a little light if you have one. If you have a towel use it as a cocoon near the end if not don't worry.

Begin with the story I've adapted it. Read a line at a time and repeat that slowly and about 5 times. All the children should know these stories already. Check before you begin that you know the moves they're all in the booklet. Do the move as you say the words. You can adapt this and use as a hand or a foot massage. In Squirrels we massage the back and then the foot/hand.

This is the story of the very hungry caterpillar.

THE SQUEEZE

One morning the sun came up and out of the egg – pop- came a caterpillar

THE BOUNCE

He ate an apple

THE CIRCLE

He ate a pear

THE FAN

He ate plums

THE CLAW

He ate a strawberry

THE SPRINKLE

He ate an orange

THE DRUM

The he ate chocolate, ice cream , cake, cheese, and a lollipop

THE WALK

**His tummy ached so he wrapped himself up in a cocoon
TOWEL IF YOU HAVE ONE)**

THE SQUEEZE (WRAP IN A

One day he burst out and was a beautiful butterfly

THE WAVE