

Story Massage – Symbols



The Bounce - With both hands working at the same time, place the pads of fingers and thumbs on the back, Gently squeeze the fingers and thumbs of each hand together, and lift off, quickly. Repeat all over the back.



The Calm - Rest the flats of both hands gently on the back, head or shoulders. Hold for as long as feels comfortable.



The Drum - With hands in loosely clenched fists, or hands cupped, gently drum across your child's back, avoiding the spine.



The Walk - Begin by placing the flat of one hand on your child's back, now place your other hand above. Repeat this walking process across the back.



The Fan - Starting at the base of the back, with both hands, flat, either side of the spine. Move both hands out as a fan across the shoulders



The Fan - As above but starting at the top of your child's back.



The Squeeze – Place both hands on the top of your child's shoulders. Gently squeeze and release. This can also be done on the arms.



The Circle - With a flat hand, make a circular movement on the back. This can be done clockwise or anti – clockwise. Making large or small circles.



The Wave - With a flat hand, make a wave like, zig-zag movement across the back. This can be vertical or horizontal.



The Sprinkle – With both hands working at the same time, lightly tap with the pads of your fingers, in a random fashion, across your child's back. This can also be done on the head, shoulders, and arms.



The Claw – Place your hands in a claw like position on your child's back. Stroke your hands in a downwards movement, with the pads of your fingers and thumbs being in constant contact with the back.