



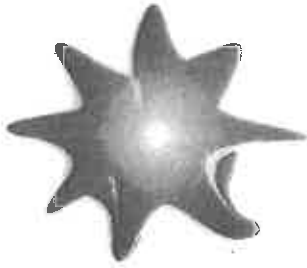
# Story



# Massage



## The Drum

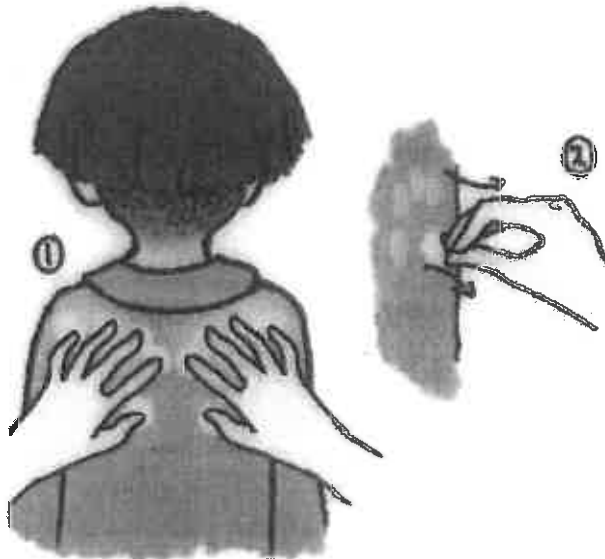


With both hands held in loosely clenched fists and with hands moving one after the other, gently 'drum' over your partner's back. Avoid the spine.

### *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 move, according to the storyline.

## 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 the move, according to the storyline.



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.

## ne 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 Calm

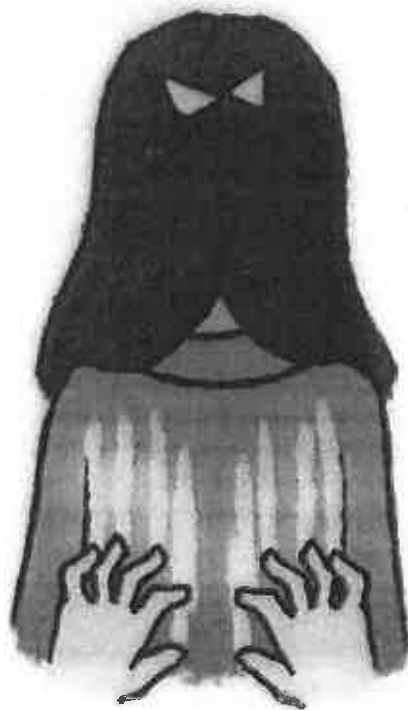
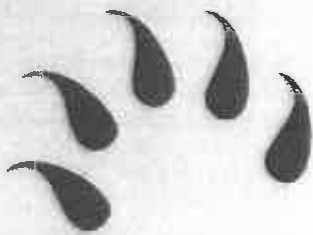


Rest the flats of both hands gently on your partner's back, head or shoulders. Hold for as long as is appropriate for the storyline.

### *Getting Creative*

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

## The Claw

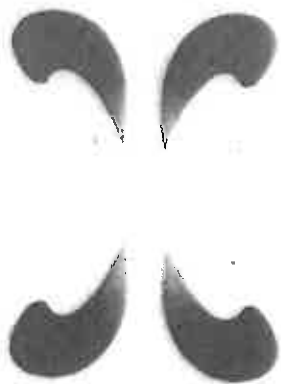


Place your hands in the shape of claws with fingers slightly bent and rigid. With both hands on your partner's back, stroke in a downward movement from shoulders to waistline. Maintain the 'claw-like' shape with pads of fingers and thumbs staying in constant contact with the back. Repeat several times.

### *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 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 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 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 this move, according to the storyline.

## 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.



# Story Massage

## LITTLE GREEN FROG



	MM mm went the little green frog one day.
	MM mm went the little green frog
	MM mm went the little green frog one day.
	And the frog went mm,mm,mm.
	But we all know frogs go
	Laa dee da dee da x3
	We all know frogs go
	Laa dee da dee da
	They don't go mm, mm, mm



# Story Massage

## INCY WINCY SPIDER















	Incy Wincy spider
	Climbed up the waterspout
	Down came the rain
	And washed the spider out
	Out came the sunshine
	And tried up all the rain
	So Incy Wincy spider
	Climbed up the shout again.

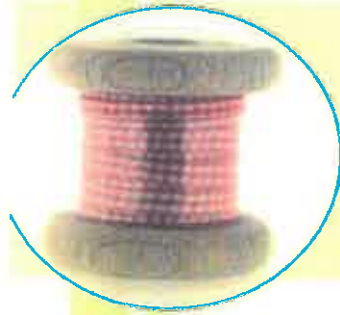




# Story Massage









## MISS POLLY HAD A DOLL

	Miss Polly had a dolly, who was
	sick, sick, sick.
	So she called for the doctor, to be
	quick, quick, quick.
	The doctor came with his bag and his hat. And he knocked on the door with a
	Rat-a-tat-tat
	He looked at the dolly and he shook his head
	And he said "Miss Polly put her straight to bed!"
	He wrote on a paper for a
	Pill, pill, pill
	"I'll be back in the morning yes
	I will, will, will



# Story Massage

## WIND THE BOBBIN UP

	Wind the bobbin up, Wind the bobbin up
 	Pull, pull Clap, clap, clap
	Wind it back again, Wind it back again
	Point to the ceiling, Point to the floor
	Point to the window, Point to the door.
	Clap your hands together 1,2,3
	Put your hands upon your knee



# Story Massage

## BAA BAA BLACK SHEEP



	Baa baa black sheep
	Have you any wool?
	Yes sir, yes sire
	Three bags full
	One for my master
	One for my dame
	And one for the little boy
	Who lives down the lane.



# Story Massage

## ROUND AND ROUND THE GARDEN



	Round and round the garden
	Like a teddy bear
	One step, two step
	Tickly under there



# Story Massage

## TWINKLE TWINKLE



	Twinkle, twinkle, little star,
	How I wonder what you are.
	Up above the world so high,
	Like a diamond in the sky.
	Twinkle, twinkle, little star,
	How I wonder what you are.

# Hickory Dickory Dock



Hickory Dickory Dock.



The mouse ran up the clock.



The clock struck one.



The mouse ran down.



Hickory Dickory Dock.

**B**

## Row Your Boat

Row, row, row your boat



Gently down the stream



Merrily, merrily, merrily, merrily



Life is but a dream

