



# Massage Stories

These massage stories can be repeated many times to encourage familiarity with the experience e.g. over a week or more. Choose one to focus on at a time. With each sentence, please give plenty of time for your student to listen, move and respond.

## Horse Massage Story

*We are going to explore different parts of our bodies in this story.*

Horses are busy animals

They work and play all day long

They gallop across fields with their strong legs – **Feel rhythmic massage on our legs**

They pull farm machinery with their strong backs – **Feel massage on our backs**

They jump across gates, springing off their strong feet – **Feel massage on our feet**

They bob up and down as they carry a rider on their backs – **Feel gentle up and down jogging pressure on shoulders**

They neigh loudly from their chests to speak to other horses – **Feel massage on our necks and just above our chest**

Horses need lots of care too, like having their long hair brushed – **Feel strokes down our head**

Horses are busy, beautiful creatures

## Forest massage story

Lots of different animals live in the forest

Birds live high up in the trees, floating on their big, feathered wings –

**Massage up and down the length of our arms**

Squirrels live in the tree trunks, swaying their big, furry tails –

**'Swaying' massage side to side on our backs where possible**

Mice live in nests on the forest floor and scamper about on their feet

– **Feel quick, gentle 'snatching' movements on our hands**

Foxes run around the forest on their strong legs – **Feel firm massage**

**from the tops of our legs down to the bottom**

Otters play in the rivers and splash water at each other – **Feel**

**splashing movements with open palms across our torsos**

Dragonflies move their wings so quickly they can hardly be seen –

**Very fast rubbing up and down arms**

And Hedgehogs like to curl up in a ball and have a long sleep – **Quiet**

**and relaxing shoulder massage**

The forest is a magical place