**Story Massage**

<https://www.storymassage.co.uk/>

The Story Massage Programme combines the benefits of positive touch with the fun and creativity of words – whether as story, rhyme or song.

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*Fingers tapping and ‘sprinkling’ over back/arms/legs.*

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*Use one hand, press with whole hand, and move and twist on one point.*

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*Two hands starting on the shoulder blades, pressing and sweeping down together.*

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*One hand pressure starting at the top on the back and wave/wiggle down the back.*

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*One hand starting at the top of the back create a circle motion.*

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*One hand, using fingers extend then bring inwards, like a bear claw! (without the scratching!)*

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*One hand, starting at one shoulder, press and move downwards, then ‘bounce up towards the other shoulder.*



*Using two hands, press and ‘walk’ up the back from bottom to top.*