

Once Upon a Touch

The Ten Massage Strokes



The Circle

- Rest one hand on their shoulder
- With your other hand, make large circular movements on their back
- This can be done clockwise or anti-clockwise



The Wave

- Rest one hand on their shoulder
- With the other hand, make a wave/zigzag movement across their back in a downwards direction
- You can use both hands together



The Fan

- Start at the base of their back with two hands
- Move both hands together upwards and fan out towards the top



The Walk

- Begin by placing the flat of one hand on their back.
- Now place other hand nearby in a different place on the back, at the same time, lift the first hand off – as if walking with your hands up their back.



The Drum

- Loose clenched fists.
- Move one after the other all over their back.4
- Avoid the spine.



The Claw

- Using finger tips, gently and slowly drag your fingers down their back.
- Stay in constant contact with the back and repeat.



The Squeeze

- Place both hands on the tops of their shoulders.
- Gently squeeze both hands.
- Repeat several times.



The Bounce

- Spread finger tips of both hands onto their back.
- Repeatedly lift them off in a snapping motion all over their back.



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.
- Light and gentle movements.



The Calm

- Rest the flats of both hands gently their back, head or shoulders.
- Hold this for as long as the story requires.

