










Place hands on back gently resting

- I am a little rocket  Move palms in a warm circular motion on child's back
- Standing on the ground  Glide palms down from shoulders to waist three times
- Waiting quietly  Keep warmed palms still on the mid-waist
- Without a sound  Hold perfectly still
- Light the fuse down below  Swirl hands on mid-waist
- Ready for blast off  Make swirl movements all over the back and bring them back to mid-waist
- Here we go  Bring warmed palms up the back from mid-waist to shoulders three to five times

