

# Massage

## Fairy Tale

Once upon time there was a bright summer land. Where the sun was shining bright and had great big sunbeams covering the sky

One day clouds begin to cover over the sky

It started to become cold and windy

First just a little wind, and then there was more

As it got colder, it began to rain, but not hard rain, more sprinkling

Then soon it began to rain

In the sky we begin to see lightning

and, we could hear thunder

Soon it was so cold, it started to snow

And it grew colder and colder, and soon everything was quiet and still

And far off in the distance, we see a little tiny kitty cat climbing up the side of house and when he got to roof, he sat there and purred and purred

And once again, far in the distance, we saw another kitty cat, he is climbing all the way up the side of the house, to the chimney and up the chimney to the tip top where he then sits and purrs & purrs

Soon the sun comes out again, melting away the snow and soon the flowers begin to bloom and grow

Draw a big sun with your hand  
Draw warm sunbeams

Press softly and gently all over the back

Move hands across back in swirling motion

Move hands more rapidly

Tap fingers lightly across back

Tap fingers with a little more pressure on the back

Zig Zag hands across the back

Cup hands and pat them on the back

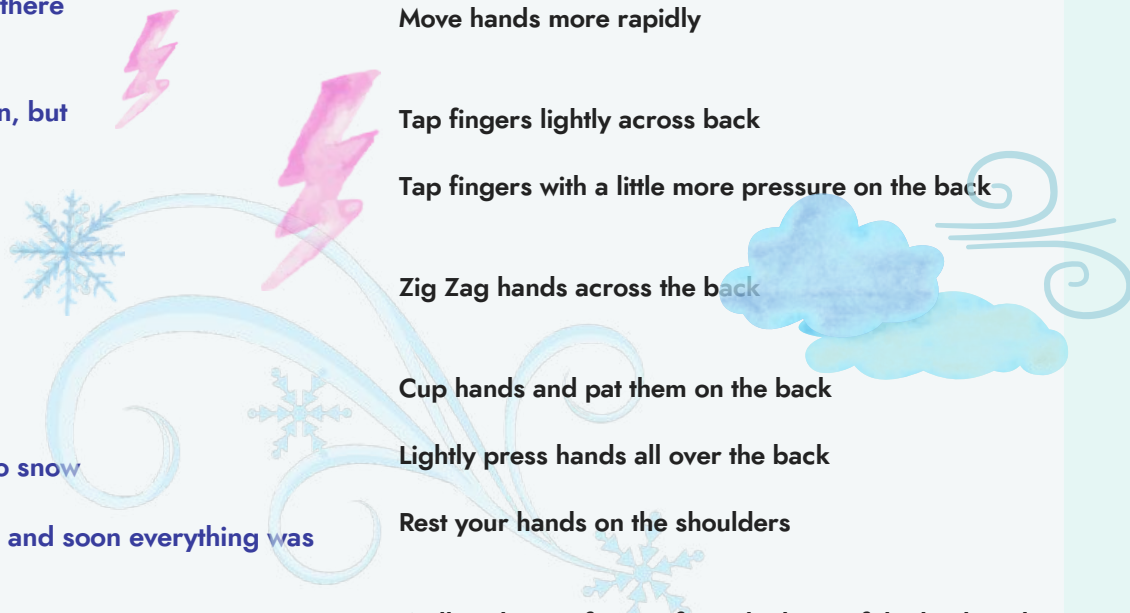
Lightly press hands all over the back

Rest your hands on the shoulders

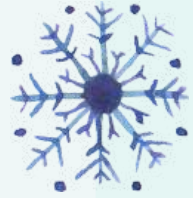
Walk with your fingers from the base of the back to the shoulders, and gently massage the shoulders (purring)

Repeat walking fingers to head and gently massage

draw a great big sun a few times, then sweep your hands up the back



# how to use the touch therapy story



Throughout this story, you are invited to have fun and use touch therapy to provide comfort to the children in your life.

Always start first by relaxing and asking the child's permission to begin.

Tell the story and draw the pictures (touch therapy techniques) using your hands and fingers.

Please stop any time the child would like to take a break.

The story does not have to be told word-for-word, and you can always add more to the story as the child requests. The goal is to have fun and enjoy your time together.

nurturing touch



wind



warming glide



lightning



sunshine



open heart



raindrops



soothing glide



*\* weather concepts \**  
*\* always ensure you use a gentle voice and keep everything pleasant. Never scary.*

## Disclaimer:

The information contained herein is not intended to replace medical advice but rather to offer suggestions on how you might apply nurturing touch for healthy children. These techniques are not advised for use on infants or children with special healthcare needs without further professional guidance. The author does not dispense medical advice or prescribe the use of any technique as a form of specific treatment without the advice of a medical professional. A healthcare professional should be consulted before beginning any massage program to ensure the health and safety of the child. Neither the author nor the publisher can be held responsible for any damage or injury resulting from using the techniques in this e-book.

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