



## Lucy the Golden Butterfly

A golden butterfly named Lucy stretched her wings in the warm morning sun.


The garden below shimmered with colors—roses as red as rubies, tulips as bright as the sun, and lavender swaying gently in the breeze.

Lucy fluttered up, up, up, twirling through the air in soft, swirling loops.

She glided over the velvety petals, dipping low to greet the flowers with the softest touch. Her tiny feet barely brushed the blossoms, like a whisper on the wind.


A sudden breeze lifted Lucy higher! She soared, swooping and swirling in wide, graceful spirals

Then, spotting a peaceful pond, Lucy drifted down, landing on a cool, smooth leaf floating on the water.



She stretched her wings, soaking in the golden light

The garden whispered around her, and Lucy knew—this was a perfect day to simply float, fly, and feel the world's gentle touch.



# 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



warming glide



sunshine



gentle touch



wind



flying



open heart



soothing glide



## 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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