

MAKING A PIZZA

Do you think we should make a pizza?
Let's start by pressing flour all over our table before we roll out the dough



Lightly glide down the back and begin to lightly press all over the back

Now we're ready to knead the dough



Glide your hands up to the shoulder and gently knead the shoulders

Let's begin to roll out the dough in a great big circle



Move hands in a big circle covering the entire back

Let's go ahead and add some tomato sauce



Gently glide your hands back and forth across the back

Now we need to sprinkle on some cheese



Lightly tap fingers all over back

Let's start adding the toppings, how about some pepperoni first?



Draw small circles all over the back

And maybe some mushrooms?



Draw small circles all over the back

Let's try some tomatoes



Using soft cupped hands, place them and move them in a circular motion on the back

And a little more cheese



Lightly tap fingers all over back

Now we just wait for a pizza to get nice and hot



Move your hands in a circular motion a few times

