

The Little Bear's Journey

Deep in the heart of a vast, green forest, a small bear wandered along a winding path.

The sun peeked through the trees, casting golden beams on the soft moss beneath her paws.

But soon, she realized something... she didn't know where she was!

"Oh no," she whispered. "I think I'm lost."

Just then, a gentle rabbit with soft brown fur hopped into view. "Hello there! You look a little unsure," the rabbit said kindly.

"I don't know the way back home," the bear admitted.

The rabbit twitched her nose thoughtfully. "I bet our friend, the fox, can help!"

Together, they walked along the path until they found a clever red fox sitting by a bubbling brook.

"You're lost?" the fox asked with a friendly tilt of his head. "No worries! Let's retrace your steps."

The three new friends followed the bear's footprints, past the tall oak trees, over the little wooden bridge, and through the meadow of bluebells.

At last, they reached a familiar clearing—the bear's home! "You did it!" the rabbit cheered.

"We did it," the bear smiled.

"Thank you for helping me."

The little bear hugged her new friends, knowing that no matter where she wandered, kindness would always lead her home.



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



walking fast



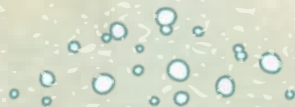
sunshine



open heart (hug)



foot steps



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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