

# Winter Bunny



A Liddle Kidz®  
Touch Therapy Story

Once upon a time, in a land far, far away, there was a magnificent forest where the snow never stopped falling, and the air was always crisp and cold.

In the forest lived the fluffy winter bunny.

She loved to hop through the snow and explore the wintry forest but had never ventured too far from her cozy burrow.

One day, the winter bunny was munching on some delicious carrot greens, and she spotted a beautiful castle in the distance.

The castle sparkled and shone in the winter sun, and the winter bunny was filled with wonder and excitement.

She decided to hop across a blanket of snow towards the castle, and as she got closer, she saw a magical kingdom filled with beauty.

Marveling at all the incredible sights, winter bunny saw a frozen pond where some playful penguins were sliding and spinning on the ice.

In the distance, she could hear the sounds of music and the laughter of children.

She saw beautiful snow-covered trees and colorful winter flowers and felt a warm glow in her heart.

She wandered through the forest and came across a group of friendly animals who were playing and frolicking in the snow. They invited her to join in their fun.

As the day began to draw to a close, the winter bunny hopped back to her burrow, filled with excitement and joy from her adventure in the winter wonderland.



# 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



snow



crisp air



bunny hop



sliding



spinning



open heart



soothing glide



\* playing with animals \*  
use a  
combination of  
child's favorite  
techniques

## 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.

LIDDLE KIDZ® FOUNDATION  
liddlekidz.org

All rights reserved. No part of this e-book may be reproduced in any manner without the publisher's written consent except for brief excerpts in critical reviews or articles.

Copyright © 2022 Tina Allen, Author

A WORK OF   
LIDDLEKIDZ.ORG