

Massage Moves

These are some of the massage movements we use when we create our massage stories. We showed you some of these in the 'Walking Through the Jungle' massage video. Why not use them to make up your own stories!

Emma and Katie



combing

Open fingers, in claw shape draw hand down child



cradle

Cradle their hand between both of yours and gently pull your hand away



Cupping

Tuck thumbs to side of fingers, place heel and fingers on skin and rapidly pat



finger

Start at base of finger and gently pull up finger and off end.



kangaroo

Bounce 2 fingertips firmly over body



kneading

Use hands to knead child's skin



patting

Use flat hands to pat over body



rolling

Roll limb between 2 hands



pig

Form a fist. Place side of your hand / little finger on child. Gently press into child as you twist your hand.



sandwich

Sandwich their hand between 2 of yours



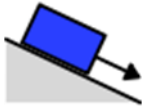
shape

Trace the shape identified on child's body using finger



skating

Side of hands on back, rub rapidly back and forth up back then slide flat hands down to bottom.



slide

On back of hand slide thumb up from wrist in spaces between fingers



sprinkle

Rapidly run fingertips over body



stroking

Stroke down shoulder to wrist, inside and outside arm



sunshine

Use flat hands to make circular shape



surprise

Use index finger to trace question mark shape and say what the surprise is



Symmetrical Start

Stroke down both shoulders to hands bringing arms to midline



Thumb Circles

Use thumb to make circles in palm



thumb

Still pressure, pressing thumb in to the palm



T-shirt Hold

Hands in caring c's where t-short sleeves would end



Walking the rope

Firmly do caring c at top of arm. Place next hand directly under it in caring c and continue all down arm



waterfall

Stroke flat hands from head, over shoulders, down back and flick off at the end. Repeat getting lighter



waterwheel

Stroke one flat hand down child. When you reach bottom place other hand on the top and repeat



wheelchair

Use index finger to trace circles on child



wrist

Use thumb to gently form circles over wrist bones



bear

Walk hands up child, placing heel then palm on body



butterfly

Flat hand stroke up back to rest on opposite shoulder. Repeat using other hand over to other shoulder