

The Little Raindrop

Story massage

- Set the mood – spray relaxing pillow spray, lavender spray etc. into the room
- Relax – sit down on a beanbag/pillow/sofa so you are both comfortable
- Follow the link for relaxing music to play quietly alongside
<https://www.youtube.com/watch?v=1ZYbU82GVz4>
- NB – if there is a part of the body that your learner would prefer e.g. arms/legs then complete the same movements

Follow the massage instructions below in relation to each page of the story taking your time with each movement:

Slide 2 – Pitter patter fingers down your learners back

Slide 3 – With a flat palm place your hand onto your learners back repeatedly

Slide 4 – Swoosh your fingertips up and down your learners back

Slide 5 – Swish your palms and fingertips from side to side on your learners back in a zig zag motion

Slide 6 – Using one fingertip circle your finger in a snail shell shape

Slide 7 – Draw a sun shape on your learners back and continue round and round using all fingertips

Slide 8 – Using 'v' shape motions move your hands up your learners back