

## Weather Massage Story

Here's our next massage story.

The link can be found here for all the songs: [https://  
youtube.com/playlist?list=PLWPlm-  
c\\_AnOrU9pOxIT3BYYKPo86ku\\_Ef](https://youtube.com/playlist?list=PLWPlm-c_AnOrU9pOxIT3BYYKPo86ku_Ef)

Any questions please get in contact. Nichola

Sun– 'Walkin' on sunshine. Hand massage to encourage fingers to be open and splayed like the rays of the sun.

Rain– Raindrops keep falling on my head. 'pitter patter' movements down the back/limb from top to bottom. Light pressure

Snow– The Snow Song. Flat hand waves down from knee to toes to be the snow falling down then foot massage.

Thunder– Thunder. Form a fist and use knuckles to make 'rumbles' across back or a limb.

Cold– The Cold Song. Wrap in blanket and give deep pressure touch with flat hands on shoulders and down arms as if 'warming up'.