

Daily Peer Massage Routine

You will need to find a partner who would like to be your massage partner— a parent, brother or sister.



Daily Massage Routine

Ask permission to touch your partner.

Breathing

Let's slow and regulate our breathing.

Put your hands on your partner's shoulders.

Both of you need to focus and breathe in through your nose, then out through your mouth.

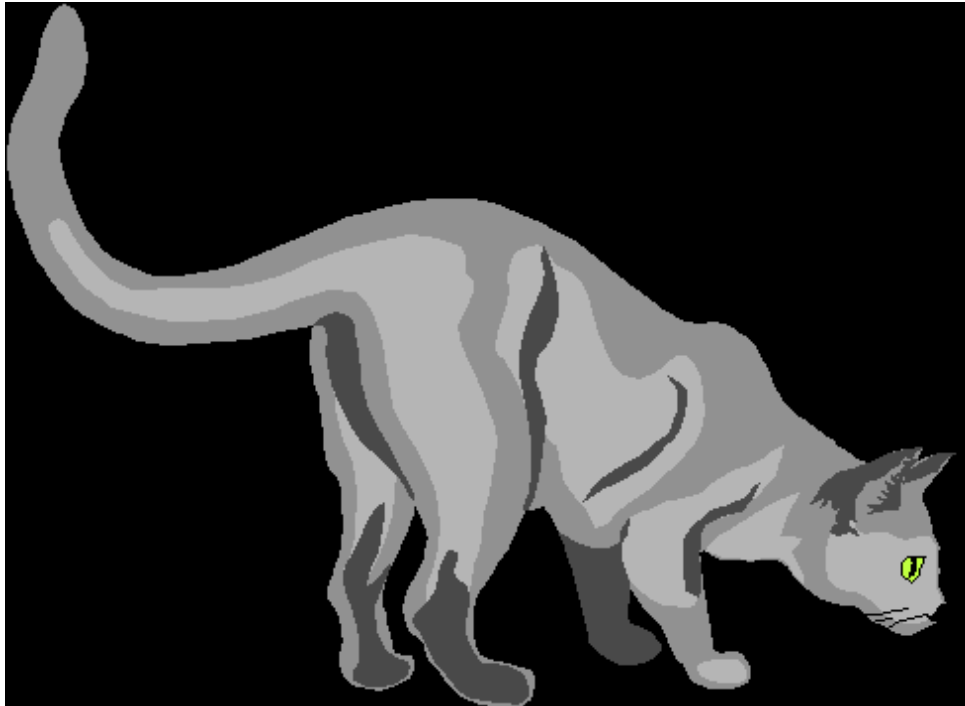
Repeat this x 3.

eye glasses x 3



Make three circles around the shoulder blades.
Stroke out to the arms and hold.

cat grip x 3



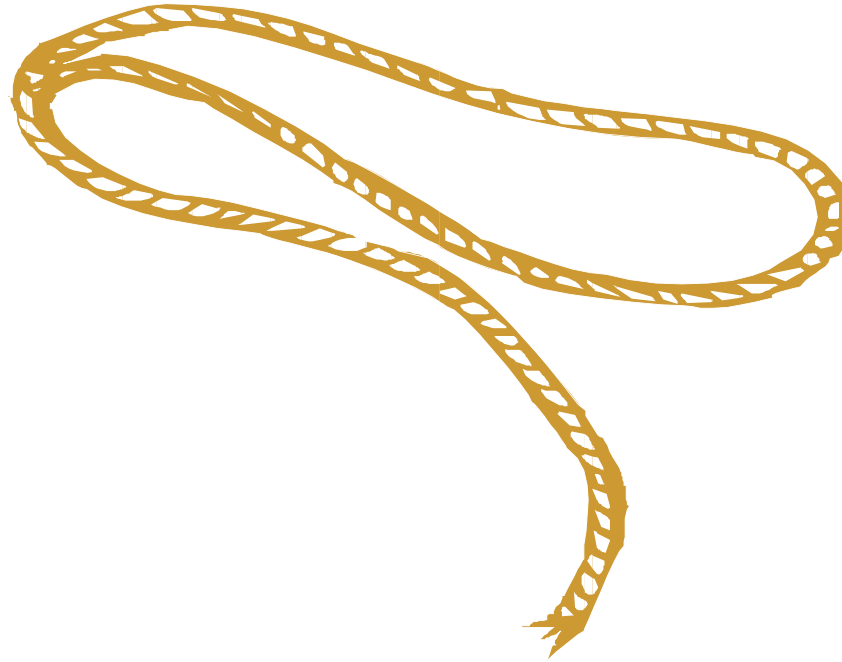
Stand at the side of the person receiving the massage with one hand behind the neck and the other on the head. Take a 'cat grip' around the neck and make gentle movements with the fingers on one side and the thumb on the other side.

baker / kneading x 3



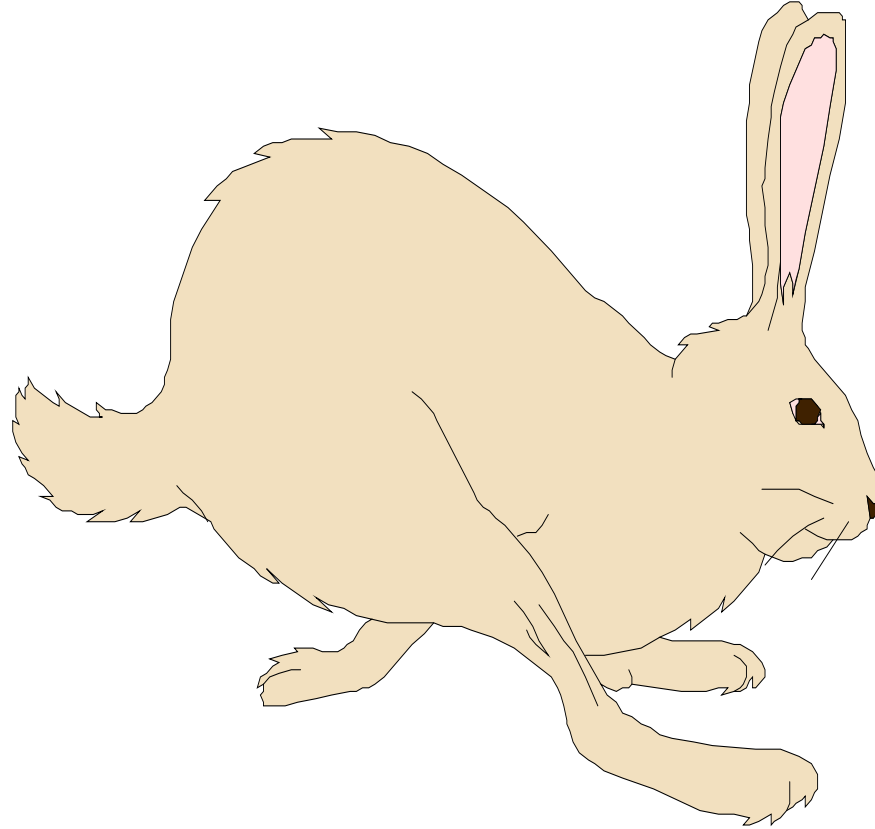
Place your hands on their shoulders and make gentle squeezing movements with the palm and fingers.

climbing down a rope x 3



Ask your partner to put one arm back . Place one hand just under the arm pit. Press firmly yet gently and 'climb', hand over hand, down the arm to the hand.

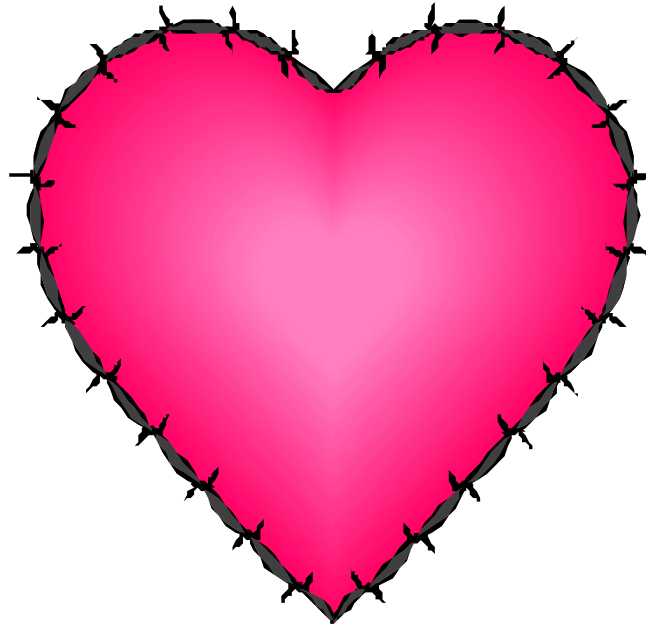
bunny hops x 3



Climb down a rope (see before).
Press gently with thumbs in the palm of
the hands. Climb back up the rope.

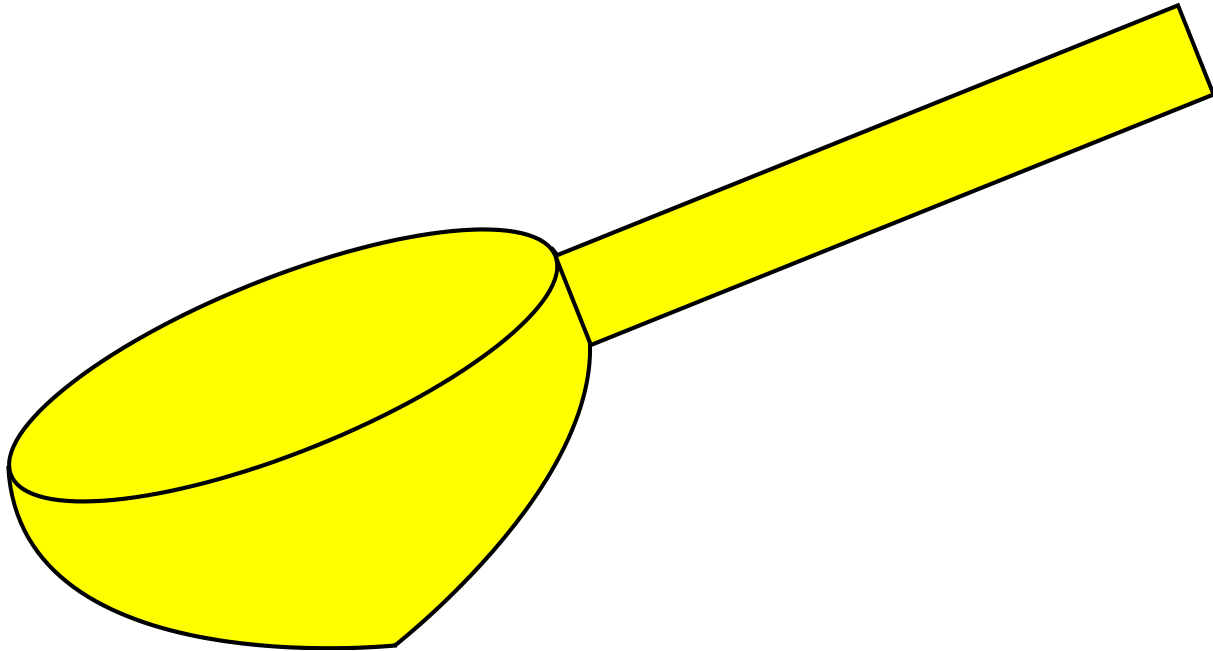


hearts x 3



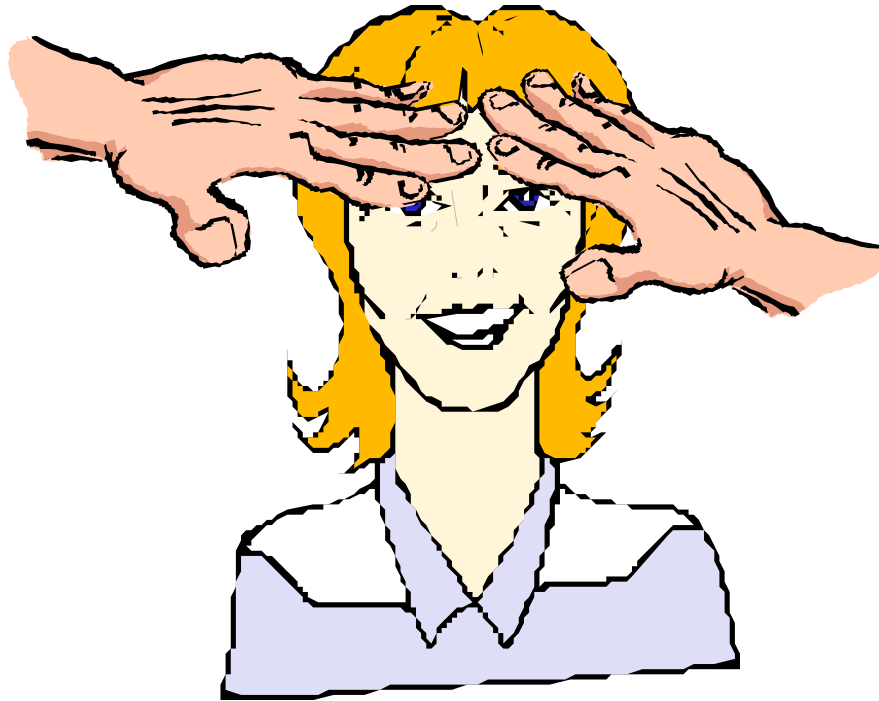
Begin at the base of the spine, with one hand either side of the spine.
Move the hands upward making a small heart-shaped formation, and coming back down to the base of the spine. Continue making a larger and a larger heart shaped formation.

scooping x 3



Place your right arm on the left shoulder and make gentle half circles with arm and wrist. (scoop)
Repeat with the left arm on the right shoulder.

forehead stroke x 3



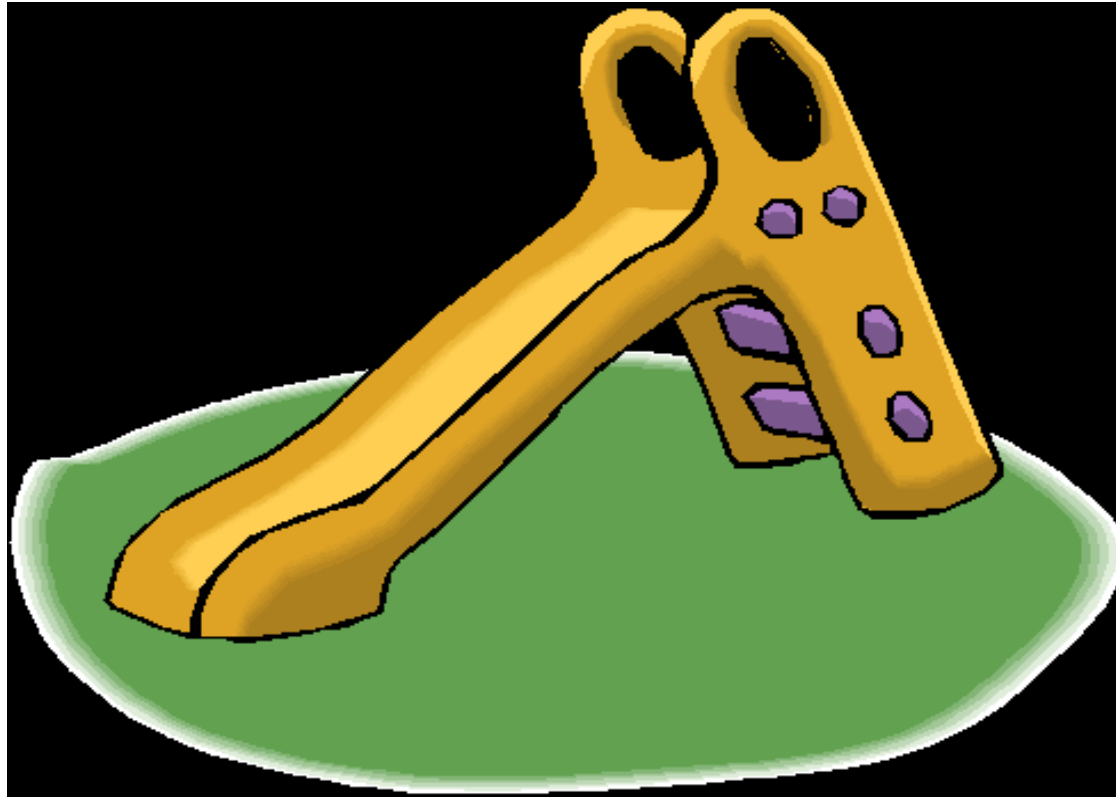
Place the fingers on the forehead and stroke around to the side. Hold the head for a couple of seconds.

Hairdresser x 3



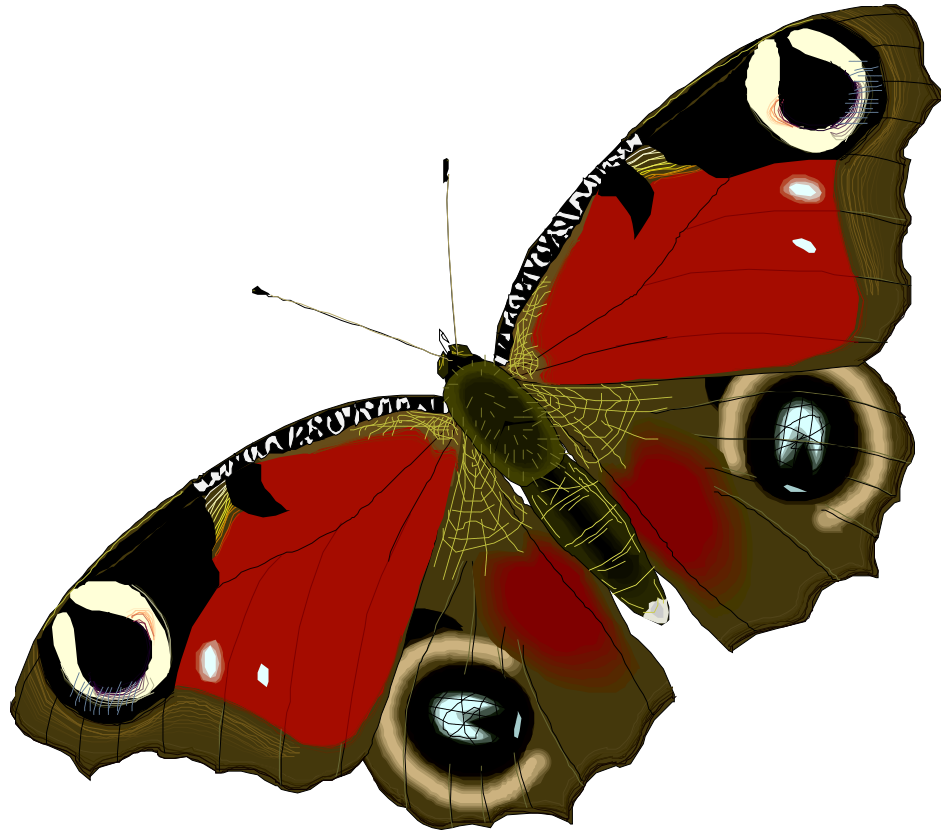
Place fingers on top of hair, make circles with fingertips.

sliding board x 3



Stroke from the top of the head down the neck and over the shoulders.

butterfly x 3



Hands on the middle of the back. With one hand cross over diagonally to the opposite shoulder. Give a little press and bring hand back to the beginning. Repeat with the other hand.

bear walk x 3



Place hands on either side of the spine, almost at the bottom of the spine. Press one hand after the other 'walk' up the back.

ice skating x 3



Place the sides of the hands parallel on each side of the spine. Move hands back and forth up the spine.

brushing the horse x 3



Stroke with one flat hand at a time from the neck down the centre of the back.

brushing off the snow x3



Stroke rather quickly out from the spine, down the back from shoulders to hip.

Breathing

Let's slow and regulate our breathing.

Put your hands on your partner's shoulders.

Both of you need to focus and breathe in through your nose, then out through your mouth.

Repeat this x 3.

*Everyone say
'thank you'
to each other.*

*Now swap and let your
partner have a turn.*