

The weather massage



Once upon a time, there was a big yellow sun

With one hand on the shoulder, take the other hand and make a circle clockwise back+

that warms the whole world

Make the rays of the Sun with your whole hand

But some clouds started to appear...



Small circles with your fingertips

And then comes the wind!



Sway your hands from side to side

The wind blows harder and harder

Strike with hands from side to side



Then comes the lightning and the thunder!
Karate chop actions

And it started to rain

Gentle Pitter Patter movements with fingertips



And it rained and it poured!

Stroke down from shoulders to base of the spine

The rain made big splashy puddles

With your hands flat on the back, make big hand prints



Then it began to snow! Everything was white and beautiful

Make a picking movement with your fingers like you were picking snow from the child's back



Then there was fog and all is still

Hands flat and still on your child's shoulders

Until the Sun came out again

Slowly take away your hands