




















Summer time – story massage

I love summer	<p>The Calm</p> 	Rest the flats of both hands gently on your partners back, head, shoulders. Hold for as long as feels comfortable
It's sun and shade	<p>The fan</p> 	Start with the flats of both hands resting on either side of the spine at the base of your partners back and pointing upwards. With both hands working at the same time, stroke your hands up your partners back gently fanning out
It's water to wade	<p>The walk</p> 	Place the flat of one hand on and then place the other in a nearby different position while gently lifting off the first hand as if hands are walking along.
I love summer	<p>The Calm</p> 	Rest the flats of both hands gently on your partners back, head, shoulders. Hold for as long as feels comfortable
It's frogs and bugs	<p>The bounce</p> 	With both hands working at the same time place the pads of the fingers & thumb of each hand together and lift off quickly and repeat.
It's grass for rugs	<p>The wave</p> 	Rest hand on your partner's shoulder. With the flat of your hand, make a wave like, sig sag movement on your partners back in a downward direction Get creative: make a horizontal movement, use both hands, vary speed pressure according to the story line
I love summer	<p>The Calm</p> 	Rest the flats of both hands gently on your partners back, head, shoulders. Hold for as long as feels comfortable
It's eating outside	<p>The sprinkle</p> 	With both hands working at the same time, lightly tap the pads of your fingers, one finger at a time, in a random fashion all over the back as if playing piano.
It's a tree swing ride	<p>The circle</p> 	Rest hand on your partner's shoulder. With the flat of your hand, make a large, circular movement on the back. This can be in a clockwise or anti-clockwise direction. Get creative: Vary direction, size, speed and pressure according to the story line

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I love summer	The Calm 	Rest the flats of both hands gently on your partners back, head, shoulders. Hold for as long as feels comfortable
It's tomatoes and corn	The drum 	With both hands held in loosely clenched fists and with hands moving one after the other, gently 'drum' all over your partners back – avoid the spine
It's dew in the morn	The sprinkle 	With both hands working at the same time, lightly tap the pads of your fingers, one finger at a time, in a random fashion all over the back as if playing piano. Get creative: try this on your partners head, shoulders and arms
I love summer	The Calm 	Rest the flats of both hands gently on your partners back, head, shoulders. Hold for as long as feels comfortable
It's girls and boys	The squeeze 	Place both hands on the shoulders and gently squeeze and release.
It's lots of noise	The drum 	With both hands held in loosely clenched fists and with hands moving one after the other, gently 'drum' all over your partners back – avoid the spine
I love summer	The Calm 	Rest the flats of both hands gently on your partners back, head, shoulders. Hold for as long as feels comfortable
It's a hot sunny sky	The circle 	Rest hand on your partner's shoulder. With the flat of your hand, make a large, circular movement on the back. This can be in a clockwise or anti-clockwise direction. Get creative: Vary direction, size, speed and pressure according to the story line
It's summer that's why	The Calm 	Rest the flats of both hands gently on your partners back, head, shoulders. Hold for as long as feels comfortable Get creative: try this on the upper arms or over the ears
I love summer	The Calm 	Rest the flats of both hands gently on your partners back, head, shoulders. Hold for as long as feels comfortable