

Introduction to Sensory Story Massage & its Benefits

By Jane Walsh

Sensory Story Massage encourages engagement and communication & combines the benefits of positive touch with the fun and creativity of storytelling. It involves the use of simple movements on the body, associated with words that help to build up a story. For example; tracing a large circle on a child's back can represent the image of the world whilst a gentle squeeze on the shoulders can represent eating something delicious. My suggestion is to use the massage on your child's back but please follow your child's preference. You could try arms, legs, feet or even head.

It is fully inclusive and suitable for all ages and abilities.

The Benefits Include

- Fun, relaxation / stimulation.
- Improved calmness and concentration.
 - Increased self-confidence
- Builds self-awareness and self-esteem.
 - Improves social skills.
- Increased engagement in activities.
 - Develops communication.
 - Promotes anticipation.
- Building respect and positive relationships.

These are the 6 hand strokes we will be using

The circle =



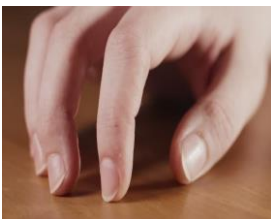
Place one hand on the shoulder and use the fingertips of the other hand to draw circles on the back.

The squeeze =



Place both hands on shoulders and gently squeeze.

The sprinkle =



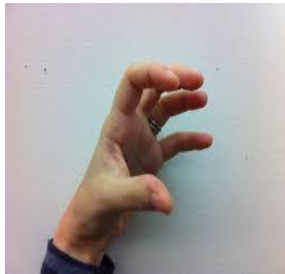
Place tips of the fingers across the back , tap lightly as if playing a piano.

The walk =



Place 1 hand flat on the back followed by your other hand in a different direction as if walking along.

The bounce =



With both hands in a claw shape, place on the back and lift off quickly then repeat.

The End =



Rest both hands on the child's shoulders to indicate the activity has finished.