

Colours of the Day Tactile Pack Massage

Equipment required

- Music – Mindful Kids on You Tube or any favourite soothing music to help
- Aqueous Cream or E45 cream
- Little tub or bowl
- Monday Strawberry Drops
- Tuesday Lemon Drops
- Wednesday Apple or Mint Drops
- Thursday Orange Drops
- Friday Lavender Drops

Instructions

Turn the lights off, put on the music and let your child find a comfy place

Let your child take off their shoes or socks

Let your child offer their hand or foot to be massaged

Massage with the cream and enjoy

Further Ideas

On **Monday** ask your child to find red objects throughout the day, eat red fruit, maybe wear something red and do red activities.

Change the colour for each day of the week.