Task 1

You will be put into pairs/threes and asked to look through the little booklet of massage stroke ideas. You will be informed of the appropriate areas that can be touched; scalp, forehead, back of the neck, upper and lower back, shoulders, arms, hands and fingers. Your Teacher should check that you understand exactly what is meant by this and where each area is.

Task 2

Discuss The Ground Rules:

* 1. Always ask for permission before starting a massage (everyone has the right to say no thank you – if someone does not wish to participate they will be asked to sit quietly at the side of the room).
  2. Give a SENSITIVE massage. i.e. touch lightly, not aggressively. (Your partner may ask you to press firmly if they wish)
  3. Remember to say THANK YOU to the person who was giving the massage. (This is good manners but also allows you to show your gratitude for your partner sticking to the ground rules.
  4. Agreed areas of touch: The scalp, the forehead, the back of the neck, the upper back, the lower back (whole of the back), the shoulders, arms, hands and fingers
  5. Remember the importance of the SPINE, work around the spine, avoid putting pressure directly on it (work along the muscle either side of it, not on top of the bone line). MASSAGE is for MUSCLES not BONES.

Task 3

You will be shown the appropriate approach to your partner;

1. Ask if they would like a massage today.
2. Ask them to straddle their chair the ‘wrong’ way for writing.
3. Inform them that you are going to start the massage and then continue to tell them every time you change the massage stroke pattern. E.g. “I am going to start with the eye glasses”, once you have finished, “I am now going to do the bear walk stroke”
4. Remind them that you will **only touch the agreed areas** for Massage.
5. As you work on each stroke, ask your partner if they feel the pressure of your technique? Reminding them to tell you if you need to work more lightly.
6. Once you have completed your set of massage strokes you must inform your partner that you are finished. You should always ask your partner “did you find that relaxing?” this allows them to give you feedback and an opportunity to “thank you” for the massage and thank you for remembering to adhere to the ground rules.

Task 4

With your partner decide who would like to go first. Partner A will be giving the massage; Partner B will be receiving the massage:

* Partner A will watch the teacher demonstrate each of the strokes on the ‘Teddy’
* They will then inform partner B that they will commence that stroke.
* This will be repeated until all chosen strokes have been completed. NB always make sure that you are not pressing too hard.
* Switch over to allow Partner B to give the massage and Partner A to receive.

Task 5

The Pizza task (see the Pizza Task Sheet)

Task 6

The Weather Report (see the Weather Task Sheet)

Task 7

Make up your own Massage stroke pattern/story or event

Some ideas may be: Visit to the supermarket, dance moves on your back, an elaborated “Dot, Dot, Line, Line, Spider crawling up your spine, squeeze tight, cool breeze, now you have the shivereez!” or a nursery rhyme like “incy wincy spider”