

Story message sheet- Alice in Wonderland

Story Message

Alice in Wonderland

In Kingfisher's class we have really enjoyed a new activity this year- story massage. This is the story massage of Alice in Wonderland. We hope you enjoy the story massage at home as much as we have at school.

What is Story Massage?

Story Massage involves the use of simple movements on the body, associated with words that help to build up a story. Tracing a large circle on a child's back, for example, can depict the image of the world while a gentle squeezing action on the shoulders can represent eating something very delicious.

What do I need?

All you need is your story massage sheet to follow, the CD and your hands.

Optional: You could use oil such as rapeseed oil or a scented cream to massage but this is optional and will depend on your child's preferences. It may be more calming and relaxing for your child to have the lights off or dimmed during this activity (e.g. turn the main light off and use a lamp). If you are using this massage in a school setting or similar please follow the safe touch guidelines which can be found at www.choicesupport.org.uk/library/publications-by-choice-support/safe-touch

What to do?

- Play the Alice in Wonderland story massage CD. Each song corresponds with each different movement.
- Read the words in the 'read aloud' box at the beginning of each song
- Perform the movement on your child as suggested in the 'Massage movement' column for the duration of the song.

Note: The suggestion is to perform each massage movement on your child's back but follow your child's preference. You could try the movements on the shoulders, back, arms or head instead to see what your child likes best.

What are the benefits?

There are numerous benefits for children of all ages and abilities. These are just some of the benefits:

- Improved calmness and concentration
- Increased self-awareness
- Develop a sense of anticipation
- Provide opportunity to communicate preferences

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Read aloud...	Massage movement...
Sleepy Alice.	The Squeeze Place both hands on the shoulders and gently squeeze and release.
Look- Rabbit! Follow!	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.
Falling, down, down, down.	The Spiral Begin with your index finger in the middle of the back and gently trace a spiral outwards and then reverse inwards again repeatedly
Have a taste - Oh no! Too big	The fan Rest your hands flat on either side of the spine at the base of the back. Stroke hands upwards and outwards 'fanning out' and finishing at the shoulders.
Take a sip- Oh no! Too small	The circle Resting one hand on the shoulder use finger tips of the other hand to draw small circles on the back.
Look-Rabbit! Follow!	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.
Cheshire cat smiles- go this way!	The walk 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.
Mad hatter tea party- crazy.	The bounce 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.
Look-rabbit! Follow!	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.
Croquet with the Queen of Hearts	The swing With one hand, sweep your hand in a pendulum type motion back and forth.
Roses painted red- Off with your head! (repeat 3 times)	The drum With both hands held in loosely clenched fists and with hands moving one after the other, gently 'drum' all over.
Sleepy Alice- Wake up- it's just a dream.	The Squeeze Place both hands on the shoulders and gently squeeze and release.