

Expressive Arts

Activity Card



Massage and Relaxation

What you will need: Spikey Ball x2



What to do:

Rub between hands to warm palms

Trace the ball up and down arms

Rub the fleshy parts of the shoulders

Trace up and down the legs concentrating on the fleshy areas

Finish under the arches of the feet pressing very slightly

End with encouraging deep breathing in through the nose and out through the mouth and expanding the belly and ribs x 5

Tips:

1. This is lovely done to some relaxing chill out music
2. You can use one ball to demonstrate and your child copy with another ball or do each stage direct to your child.
3. A ball under each foot is a great feeling!

