

# Morning Massage



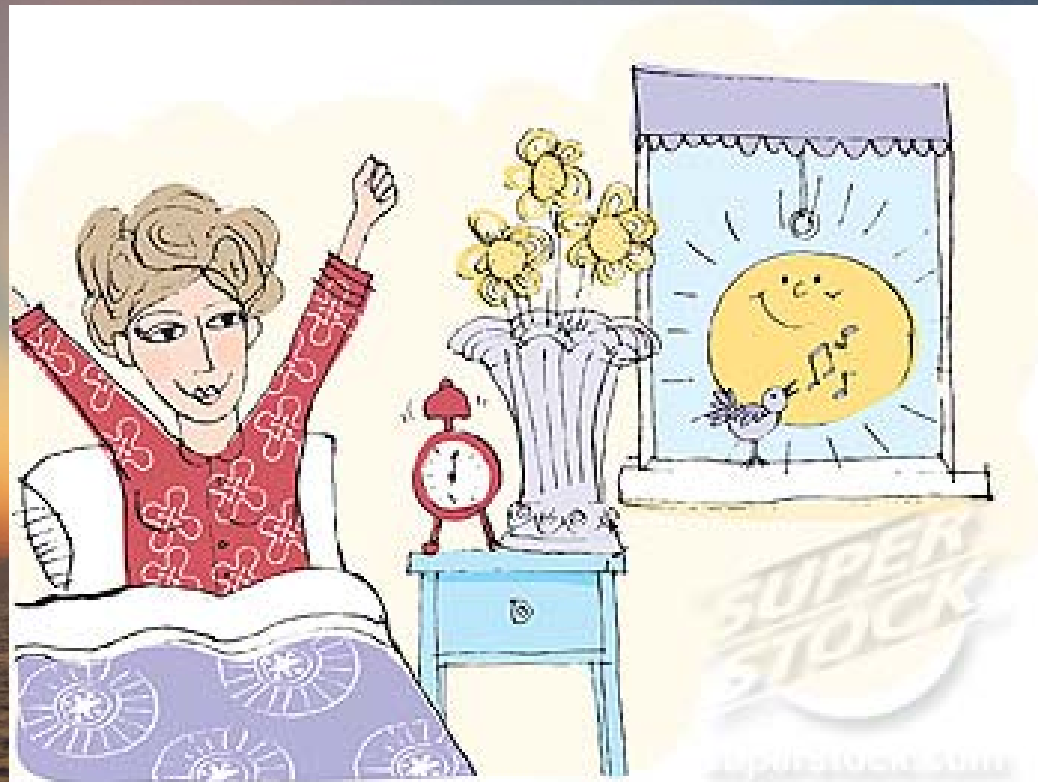
# Wake up! It's the alarm!

Tickle over  
arms, back  
and neck



# Stretch!

Long  
continuous  
movements to  
stretch arms  
and legs





Circular  
movements  
on the face

Wash your  
face

# Time to get dressed



Sweep down  
arms to put  
on jumper

Massage  
scalp as if  
brushing hair



Brush your  
hair

# Breakfast time!



Massage  
sides of the  
jaw

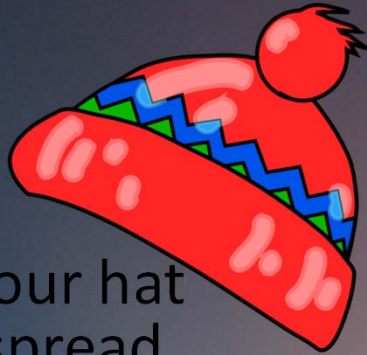
# Aaah, a lovely cup of tea



Stroke the neck  
downwards to  
represent  
swallowing



# Time to leave!



Put your hat  
on- spread  
hands over  
head



Put your gloves  
on- massage  
from the wrist to  
the fingertips

Put your scarf  
on- rub hands  
from back of the  
neck to front



A photograph of a sunset over the ocean. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The sun is low on the horizon, creating a lens flare effect with rays of light. The ocean is dark with small waves. The word "Finished" is written in a large, black, sans-serif font in the center of the image.

Finished