

Weather massage

Once upon a time there was a big yellow sun

Make a big clockwise circle on the back



That warmed the whole earth

Making sunrays across the back, from one side to another



But then little fluffy white clouds began to appear

Small circles with finger pads all over the back



And the clouds bring the wind which blows stronger and stronger

Move hand from side to side, getting firmer



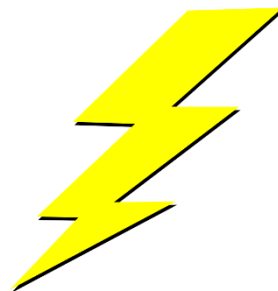
Until the wind turns into a hurricane and a tornado

Twist gentle fists in circles all over the back



Then came the lightning

Zig zags across the back



And the thunder

Cupping and clapping on back, rhythmic and firm.



Then came the rain ...

Stroke down the back with finger tips



The rain turned into hail

Pitter patter firmly with fingertips



Then it began to snow and everything was white and beautiful and still

Use whole hand to press all over the back, stroking down from the neck to bottom of back.



Finally the fog came down and covered everything in grey mist

Still hands in the middle of the back



Until the sun came out and burned away the fog and everything in the world was warm and sunny again.

Begin in the centre of back making circles which get bigger and bigger, until you've covered the whole back.

