



The Rainbow Massage™

The massage is done on the back, over clothes,
and the person giving the massage always asks permission
to the person receiving the massage:
“Can I give you a Rainbow Massage?”

At the end the giver always tells the receiver:
“Thank you for allowing me to give you a Rainbow Massage”

Spoken words (story)	Movements
«Once upon a time there was a boy and a girl looking out of the window at the dark grey clouds. 	With two hands draw a big square on the back Draw cloud shapes all over the back
From the clouds, rain began to fall. 	Do rain strokes with your fingers down the back
On the window there were droplets that came down 	Make little drops with the tip of the fingers and long lines down the back

Then, rays of golden sunlight appeared through the clouds.



Make sun rays all over the back

And all of a sudden, a beautiful rainbow with wonderful colours appeared.

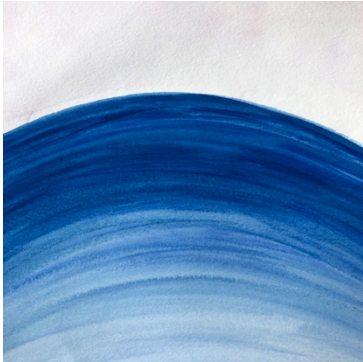


Make a rainbow shape from one side of the back to the other

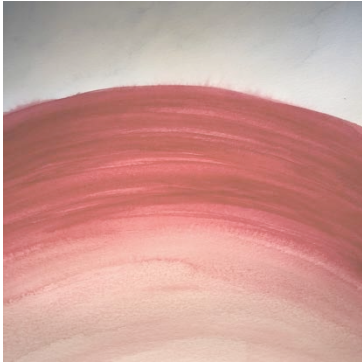
There was purple...



Draw a small line like an upside down U-shape in the lower back

There was blue... 	Draw a line like an upside down U-shape a bit bigger and a bit higher than the purple one
There was green... 	Draw a line like an upside down U-shape a bit bigger and a bit higher than the blue one
There was yellow... 	Draw a line like an upside down U-shape a bit bigger and a bit higher than the green one
There was orange... 	Draw a line like an upside down U-shape a bit bigger and a bit higher than the yellow one

There was red



Draw a line like an upside down U-shape a bit bigger and a bit higher than the orange one

The children watched in awe.



Rest the hands on the shoulders

Then slowly the rainbow faded and all the clouds disappeared to reveal the shining sun.



Make a big sunshine circle on the back

The rainbow was gone
but the children were smiling.



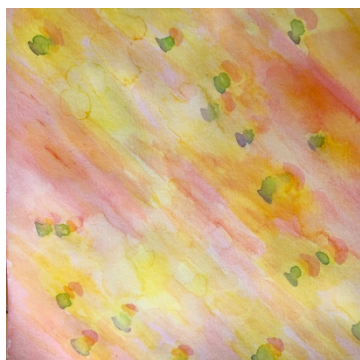
Draw two “happy faces” on the back

There a was a crystal
hanging in the window.



Draw a crystal on the back

The sun shone through the crystal
making little rainbows
everywhere in the room.
It was beautiful!



Make several little rainbows
on the back

The children were so happy
that they decided to take
big pieces of paper...



Draw a big square on the back

... and their crayons.



Draw crayons shapes on the back

They drew rainbows on the paper.



Draw rainbows on the back

They stuck the drawing on the window, pressing firmly so it holds well.



Do strokes from the centre to the sides of the back with both hands

They were so happy that they decided to make rainbow drawings for all their friends and family.



Draw lots of rainbow shapes all over the back

They said:
*We love you rainbows,
all is well*



Make a big heart shape on the back

In the evening, before going to bed,
they looked outside the window again,
and oh, surprise, they saw that the
moon had a rainbow around her!



Make one small circle
in the middle of the back,
then a bigger circle,
and a bigger one and so on...

And when they went to bed,
they imagined that they were
falling asleep on a cloud
with a rainbow around them.
They slept very well».



Resting hands on the shoulders

At the end, the giver always says to the receiver:
"Thank you for allowing me to give you a Rainbow Massage"

The Rainbow Massage™ is the property of Ur Publications & Programmes Inc.,
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