

Weather Report



- Put your hands on my back and describe the weather as you make different movements.
- You could start by saying “Aaron woke up this morning and there was a big, bright sun shining through the window with lots of lovely sun rays”
Sun: Make a big circular movement.
Wind: swoosh your hand back and forwards.
Rain: gentle finger taps etc.
- Pay attention to which types of touch I like best and try not to tickle me as this should feel relaxing and calming.

This touch based massage activity helps me feel calm, soothed and regulated. I like hearing your voice as you tell the weather story on my back and your touch helps to lower the stress hormone and increase “happy hormones”.