

Massage and storytelling- Weather massage



Objective: The aim is to promote relaxation, reduce tension and promote well-being. Combining massage with a story creates a meaningful and relaxing experience that benefits the body and mind. This activity is designed to be done together with one person or in a group and can be performed sitting or lying down, depending on the functional capacity of the participants.

Introduction:

- Create a calm and relaxing environment with an audio file of rain and thunder (e.g. you can use the sound <https://youtu.be/49ndEkL6hbc?si=hYgVEzb-0elgFmSy>).
- Start by explaining the activity: sit back, close your eyes and relax while listening to the story.

Story: Weather massage

- It starts to drizzle. Small drops bounce down from the sky.
 - (Movements: Fingertips are used to gently tap the shoulders, arms, shoulders and very gently the head).
- The wind picks up and bends the trees.
 - (Movements: Make with your hand a brushing wind movement along the back)
- It starts to rain harder.
 - (Movements: Make stronger snapping movements with your fingers on the shoulders and arms).
- The thunder roars and lightning flashes, the wind moves forward in circles.
 - (Movements: Make spinning movements on the back with your palm).
- The thunder also brings a small shower of hail.
 - (Movements: make a slightly kneading movement to the shoulders)
- The cool air is blowing and you feel cold.
 - (Movements: Grab the shoulders and shake gently, as if the one is freezing)
- The wind carries away the clouds.
 - (Movements: Rub the back with your fingers from right to left and left to right.)
- A big rainbow seems to have appeared in the sky.
 - (Movements: Draw a big arc on your back with your fingers from right to right left to left and left to right).
- The sun comes out and starts to warm up.
 - (Movements: Make gentle movements, caresses, with your hands from your head to your shoulders, back and arms).



Time required:

Massage and storytelling usually takes 15-30 minutes, depending on the participants' wishes.



Alone or in a Group:

This activity is a group activity or with at least two participants. If there are not two participants, the massage can be realized with one participant and one health professional.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal