

Massage and storytelling- Bonfire



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 crackling fire(e.g. you can use the sound <https://youtu.be/kzefvtsfAWQ?si=m2XHJvOnhbvUUplm>).
- Start by explaining the activity: sit back, close your eyes and relax while listening to the story.

Story: Bonfire

CLAP WITH YOUR HANDS LIGHTLY THE BACK

- You are walking in a wonderful old forest. You have been walking along the paths for a long time, winding through the terrain. Sometimes you have climbed high, and sometimes you have descended to lush valleys. You have been following the marked path towards the rest area the whole time. You come to an open space on the bank of the pond, where you can see the campfire ready.

PRESSING WITH YOUR HAND

- You still collect dry twigs and pieces of bark around the campfire as lighters. Fortunately, there is a pile near the campfire. With them, you can easily make a decent fire.

ROLL LIGHTLY WITH YOUR HANDS, CIRCULAR MOVEMENTS

- You arrange wood and lights with a match. A flame ignites quickly. You calmly blow on the fire until it catches fire in several places and the flames grow in size.

HORIZONTAL PULL WITH THE PALM OF THE HAND OVER THE UPPER BACK

- There is a slight breeze from the pond, so you have to move away for a while, away from the smoke. Your mind calms down and you sit down on the nearby rock. You look at the flames and the campfire you made.
- You take out your snack and open the thermos, it smells like coffee. You enjoy the peace and quiet and the coffee.

SNAP YOUR FINGERS IN DIFFERENT PLACES ABOVE THE PARTICIPANT

- A wonderful silence surrounds you. The silence is broken only occasionally by occasional sparks.
- The song of the birds can be heard from time to time in the pond, sometimes closer and sometimes further away from the surroundings.

STROKING WITH YOUR HANDS

- Here the mind rests and worries disappear. It is wonderful to just be and sit and enjoy the fire, the warmth glowing from the flame and the campfire.

- The smell of the forest, fresh air and the sounds of nature recharge your batteries. Soon you will be full of energy again and ready to continue your journey for today.



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