

Massage and storytelling- Autumn leaves



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 natural sounds (e.g. you can use the sound of The wind in the trees: <https://youtu.be/4KzFe50RQkQ?si=ENjy4mDDg1EEPJMI>).
- Start by explaining the activity: sit back, close your eyes and relax while listening to the story.

Story: Autumn leaves

ROTATING MOVEMENT WITH BOTH HANDS ON THE SHOULDERS

- The autumn wind blows yellow leaves in small swirls here and there.
- The wonderful fresh air and the scents of the forest invite you to step onto the forest path and walk forward among the trees, lingonberries and mushrooms.

LIGHTLY PINCH YOUR BACK AND UPPER ARMS

- The lingonberries are beautifully red. I pick them up in my mouth and in a small bowl. The sour-sweet taste cheers up my mind.

LIGHT PRESSURE WITH FISTS

- The sound of snapping twigs is heard from the forest. I got a little scared before I saw there were two frightened deers running through the forest and into the lingonberry bushes until they disappeared behind a small mountain.

DRAWING CURVES WITH YOUR FRONT FINGERS ON YOUR SHOULDERS AND BACK

- Sitting on a stump, watching the winding paths of the ants. They still have remaining hard work before they go into winter hibernation.

LIGHT TAPPING WITH FINGER ON BACK, SHOULDERS AND ARMS

- In addition to berries, I collect some cones, lava and a beautiful winding twig. Sometimes my fingers long for something to touch, nature offers great materials.

BRUSH BOTH HANDS FROM THE SHOULDERS DOWN TOWARDS THE SHOULDERS

- Even the autumn sun can still warm your back wonderfully. Bright and cheerful, I start the walk home. When I get home, I will cook whipped porridge from the lingonberries.



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