

## 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.

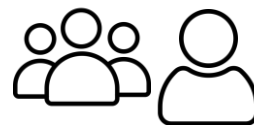
**Time: Short**



**Activity: Calming**



**Fellowship: Together or alone**



Massage and storytelling usually takes 15-30 minutes, depending on the participants' wishes. 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. [Äldreinstitutionens material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGPT's proposal