

On-Body Stories

The following stories can be used with your child to develop their tolerance of being touched. These allow you to introduce touch through story telling and develop their tactile skills in a fun and relaxing way.

Please be aware that these are not massage stories as all movements used will need a light touch when performing them.

Weather On-Body Story

Once upon a time there was a big, yellow sun...

With one hand on the shoulder, take the other hand and make a circle clockwise on the back

...that warmed the whole world.

"Rays" to the side



Look, clouds appear and cover the sun,

Make small circles with fingertips

Then the wind begins to blow...harder.....and harder...

Strike with hand from side to side... harder.....and harder...

...until the wind turned into a tornado and hurricane.

Begin at shoulders and make "tornado-like" strikes with fingertips

Then came lightening

Draw lightening with fingertips



And thunder

Clap on the back with hands

Then came the rain

Begin at shoulder and stroke down with fingertips



And it rained harder...and harder...

Same as above but faster and faster

It then began to snow, and everything was white and beautiful.

Push lightly and slowly over back.

The only thing to see was the cat that climbed up on the roof of the house...and another cat...and another cat

"Climb" up towards neck by first using palm of hand then rolling the hand upwards; first up one side, then up the middle, then up the other side.

Finally, a fog appeared, and everything became still.

Lay hands still on the back.

Soon the sun came out and warmed up the earth once again.

Slowly take hands away.



Little Flowers On-Body Story

On a warm spring day, the sun was shining and warming the earth.
Draw a sun then rub hands across back to warm.



I planted some little seeds in the garden.
Fingertips "scatter" seeds across lower part of back.

I watered the ground.
Fingertips tap whilst moving down back to represent rain.



And gently pressed down the earth
Palms of hands gently press across lower part of back several times.

I waited and waited
Hands rest on shoulders.

The April showers came
Fingertips move down back to represent rain.

There were days when the sun shone and warmed the earth.
Draw a sun high on back then palms of hands move across back several times to warm.

Shoots started to grow
Fingertips make small movements up bottom part of back spreading outwards.

They grew and grew and grew
Same as above but get larger.

Then buds appeared
Fingertips tap individual parts of back.



The sun shone and the showers continued
Draw a sun then rub hands across back to warm.
Fingertips tap whilst moving down back to represent rain.

And these grew and grew into beautiful flowers.
Fingertips make small circular movements on different parts of the back slowly getting larger.

Slowly take hands away to represent end of the story.

Could present child with scent to smell to represent flowers.

