



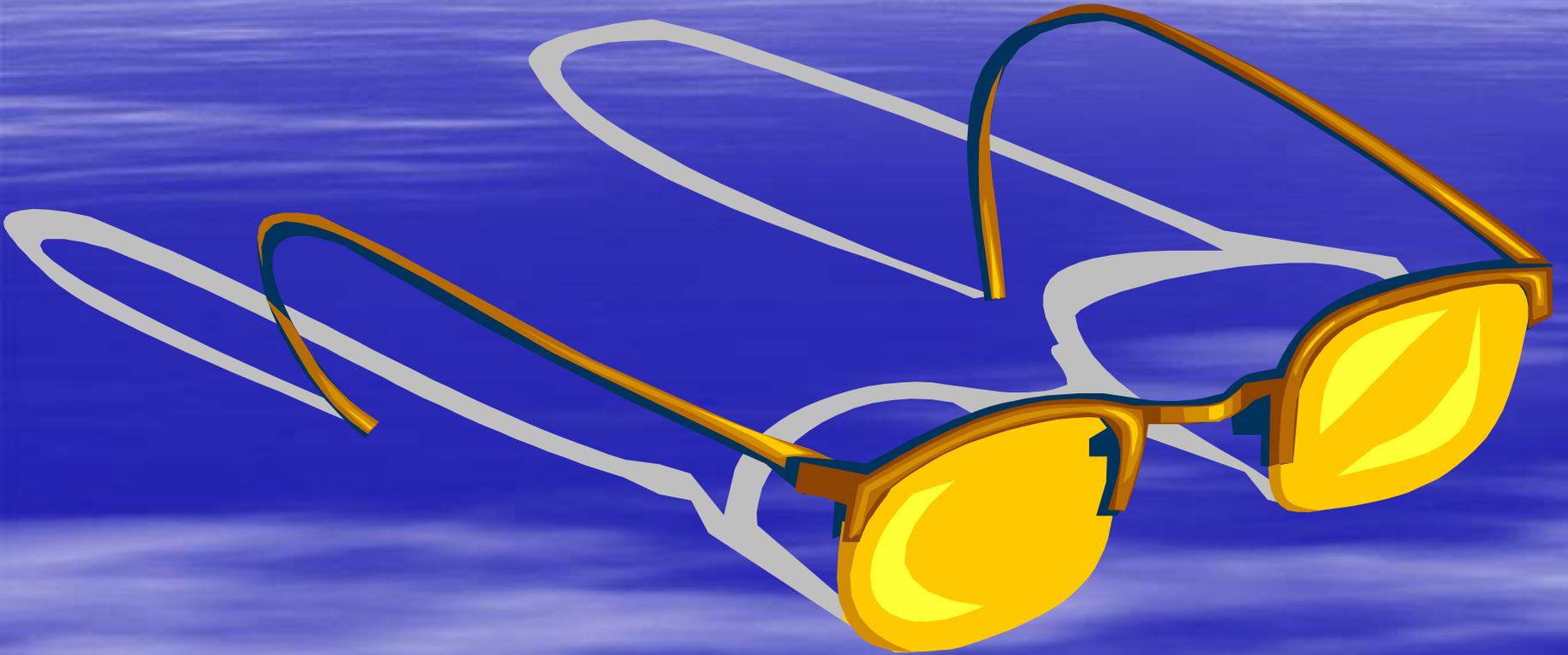
# Peer Massage



# Ask Permission

May I...

# Glasses



Make three big circles around the shoulder blades.  
Stroke down the arms and give a gentle squeeze.

# cat grip



Place one hand on your friends forehead and the other on the back of their neck. Take a 'cat grip' around their neck, with fingers on one side and thumb on the other. Make gentle movements, like you are moving your fingers around in very small circles.

Place your hands back onto your friends shoulders and make gentle movements with the tips of your fingers and palms.



# Baker

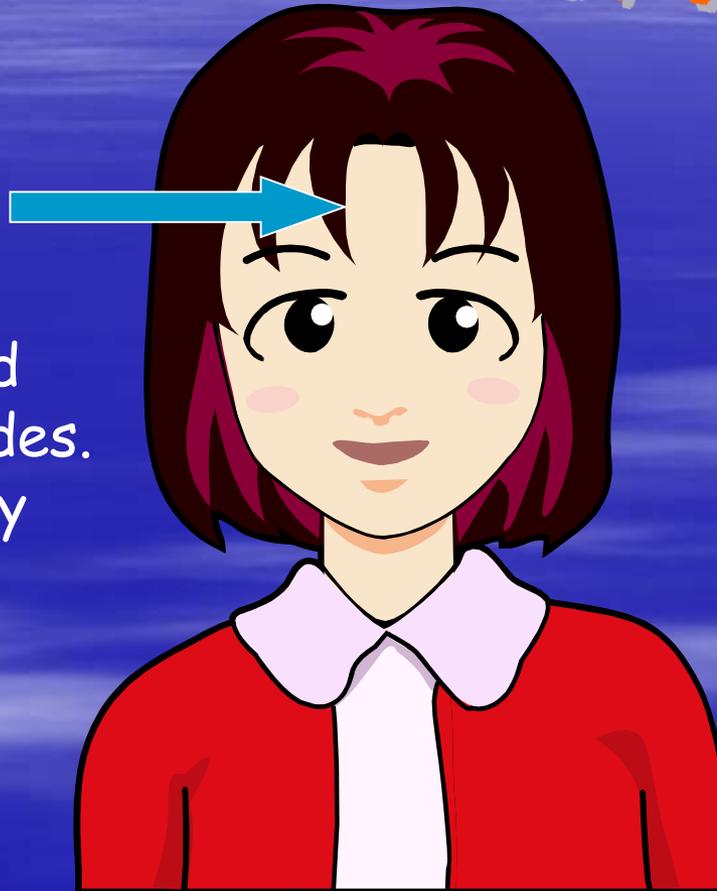
# Ice-cream SCOOP



Place your right arm on your friends left shoulder.  
Make a scooping movement, so that you are gently making  
half circles with your arm and wrist.  
Repeat with your left arm on your friends right hand shoulder.

# Forehead Stroke

Place your fingers on your friend's forehead and stroke out to the sides. Hold the head still gently for one or two seconds.



# Háírdresser

Place fingers on top of hair  
and make circles with fingertips.





# Slide

Stroke from the head down  
over the neck and shoulders.  
Remember to make sure  
you keep in contact with your friend.

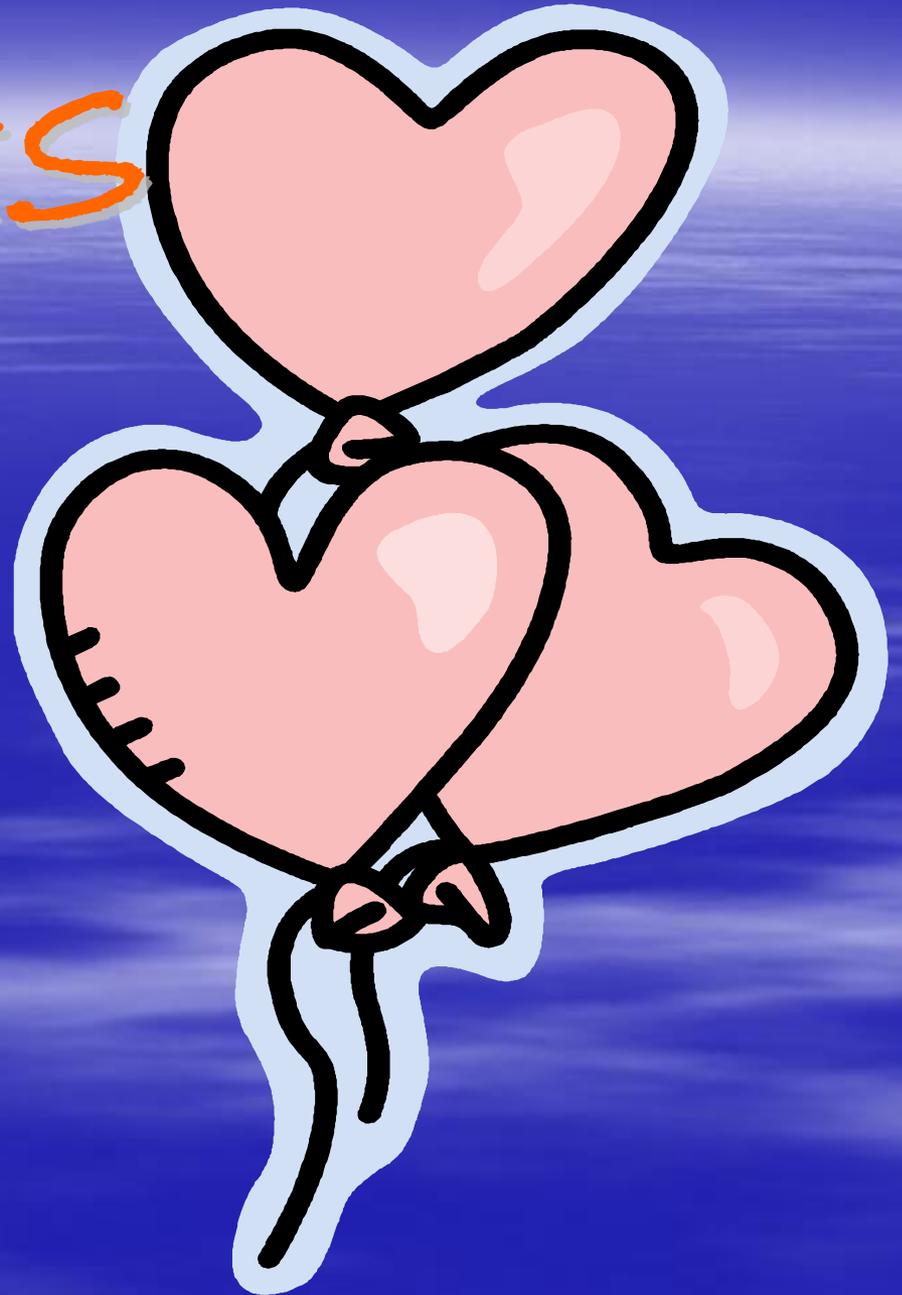
# climber and Bunny Hops



Turn to face your partner  
and gently grasp their arm  
moving up and down.  
Pat their upturned palm  
with your thumbs.

# Hearts

Begin almost at the base of the spine, moving with one hand on either side of the spine, draw a small heart. Repeat drawing a bigger heart and then a huge heart.



# Bear-walk



Walk your fingers gently up your friends back, with a hand on each side of the spine. When you get to the neck, walk back down again.

# ice-skating



Place the sides of your hands  
on each side of the spine.  
Move hands up  
and down the back.

# Stroking the dog



Stroke with one hand at a time from the neck and down the centre of the back.

# Brushing off snow

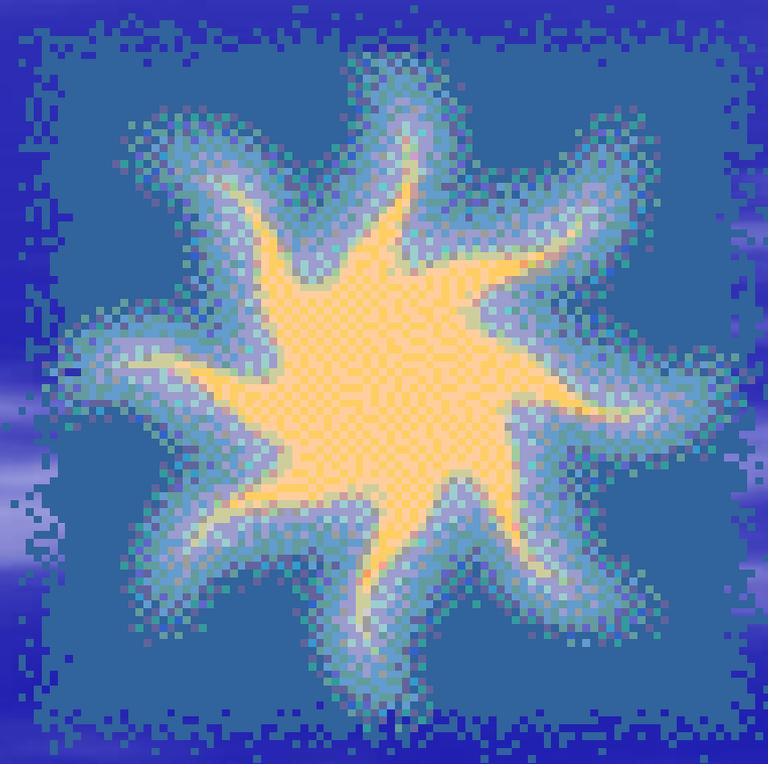


Stroke quickly from the head, down the shoulders and from the head down the back.

Say "Thank you."

Thank  
You!

change Places



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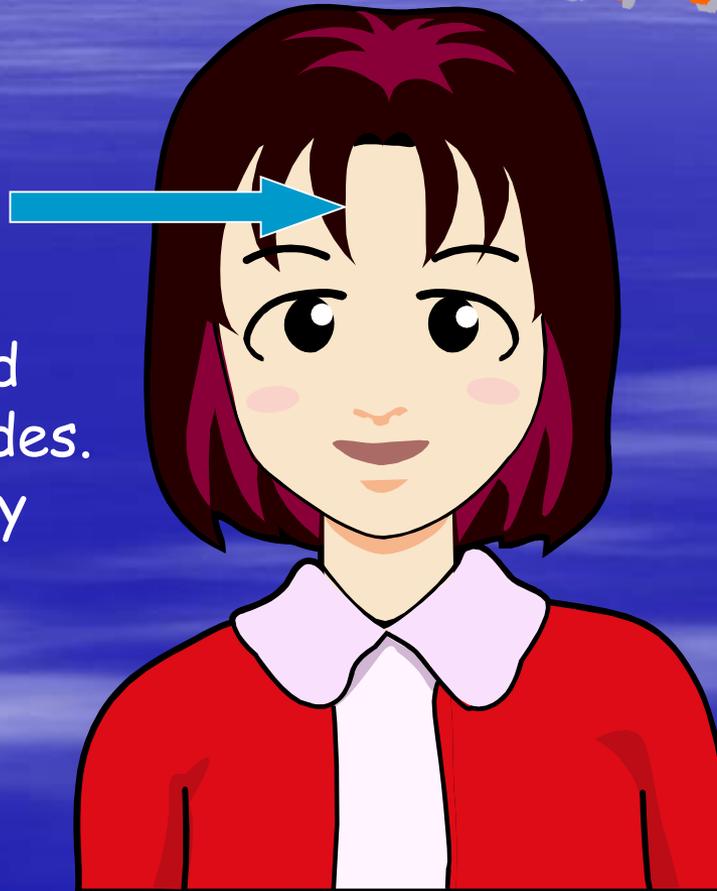
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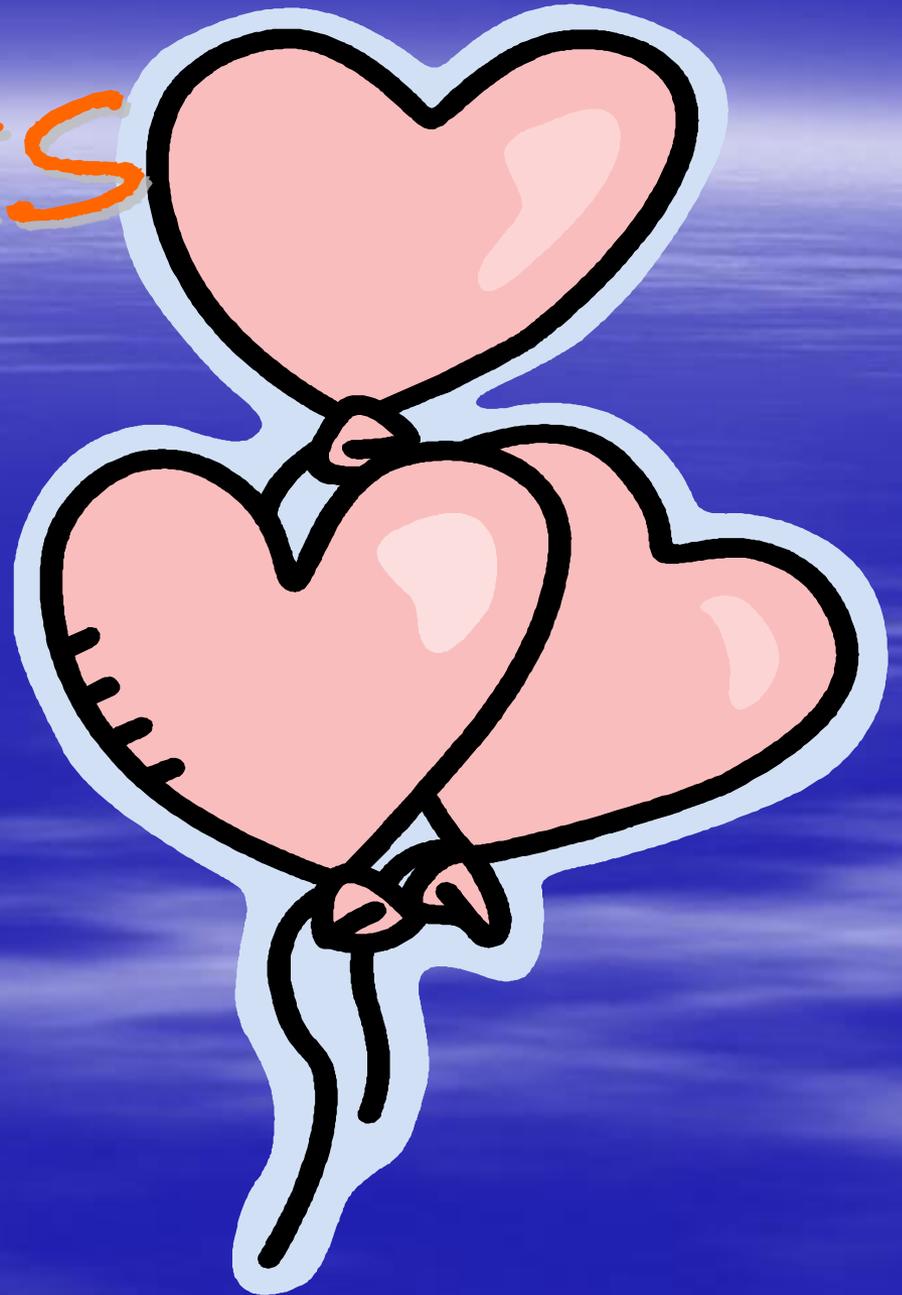
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