



THE STORY MASSAGE STROKES – Objects, Actions and Emotions
 (Depending on size, pressure and speed of strokes)
www.storymassage.co.uk

THE CIRCLE	SEMI-CIRCLES
<ul style="list-style-type: none"> • Cake/Mixing • Pizza/Chapati /Welsh cake • World (Around the world) • Sun/Rise/Set • Nest/Spiral/Maze • Island • Ball/balloon/bubble/bauble • Face/eyes • Wheels/Car/Travel • Whole/Complete/completion/ • Comfort/reassurance • Confident/Fullness • Exploring/journey/wheel • Dancing/Spinning • Orange/tomato/apple • Moon/Planets • Hot Air Balloon/Buttons • Circling Thoughts/repetition • Funfair/Merry go Round • Clock/Cycles of time/Time • Pans/Bowls/Plate/cup • Hole/Big Space/Black hole • Music/CD/Instrument • Lake/Pond • Smooth/calm/peaceful/held • Sympathy/tenderness/warm • Family/ group/together • Centre 	<ul style="list-style-type: none"> • Smile • Frown • Happy • Unhappy • Rocking baby/boat • Fishing line • Rocking horse • Pendulum • Kicking ball • Bridge • Shelter • Hill • Rainbow • Time • Boat • Getting rid of something (emotions?) • Ears • Leaping • Bunting • Underneath • Hammock • Overcome/overwhelmed

THE WAVE	THE SIDEWAYS WAVE
<ul style="list-style-type: none"> • Waving • River • Wind • Music • Path/Zig-zag path at beach • Waterfall • String of Kite • Wavy Hair • Snake • Worm • Path • Rubbing/wiping out/clean • Storm • Lightening • Anger • Heat • Goodbye/Hello • Messiness • Squiggles • Ribbon • Dance • Scarf • Skiing • Going somewhere • Wafting/ Floating • Rattle • Slide • Painting • Waving trees • Saw • Smoke • Erratic • Fluidity • Whirlwind • Flowing dress • Falling 	<ul style="list-style-type: none"> • Hills • Smoke • Sea • Field of grass • Hiding behind smoke • Ocean • Sea • Clouds • Boat • Sound waves • Highs and Lows • Confusion • Erratic • Jumping rope • Twists and turns on a journey • Speed humps • Fish • Mexican wave • Confusion • Sailing

THE FAN	THE DOWNWARD FAN
<ul style="list-style-type: none"> • Growing/ new life • Tree • Volcano • River • Fountain • Whale's/Elephant's Spout • Volcano/ Explosion • Flying/ Bird • New Beginnings • Ambition • Endings • Wings/Angels • Flying • Freedom • Sharing, Giving • Fanning/Cooling down • Fireworks/Rocket • Parting of ways • New growth – positive • Vase/Funnel • Leaving/Going out • Roots/tree trunks • Opening up/Closing • Peacock tail • Butterfly • Empowering • Palm trees • Dolphins • Energy • Parachute • Taking weight off shoulders • Climbing to top • Erupting Anger (positive with Calm on arms to say 'it's okay') 	<ul style="list-style-type: none"> • Coming In/Returning • Putting on shirt/apron • Scoring a goal • Waterfall • Circus tent • Ball gown • Wedding dress/Prom • Going underground • Hidden depths • Mountain • Falling • Sails on a boat • Coming together • Inclusive • Christmas tree • Anger • Grounding

THE WALK	THE DRUM
<ul style="list-style-type: none"> • Walking/Boots • Bear, Lion, Tiger or animal/dinosaur • Running/Jogging • Planting • Patting/Stamping • Travelling/Journey • Walking through snow/sand/mud • Giant/Monster • Policeman/Soldier • Welly boots in mud/bog • Astronaut • Moving forwards • Moving through stages – of emotions? • Heaviness/Tiredness • Healing • Continuity • Depressing thoughts • Counting • Searching in the dark • Certain/confident • Adventure/exploring • Baby’s first steps • Different stages in life • Counting • Sizes of animals • Identity • Grounding • Seeing the whole picture • Ladder • Pressure of emotions • Being taken advantage of/being a ‘doormat’ 	<ul style="list-style-type: none"> • Hailstones • Excitement • Crowd- applause • Wake Up • Heartbeat • Driving on bumpy road • Sense of drama/suspense • Hopscotch • Knocking on door • Roll up... roll up • Communication • Alarm Clock/Tick-tock • Cymbals • Encore • Battle • Release • Train • Stones • Sound vibration • Drum • Disharmony • Woodpecker • Heartbeat • Thunder • Jumping • Excitement • Tribal – beating of drums • Rowing – rhythm • Alert • Galloping • DIY • Rumbling • Apples falling from tree • Let’s do it!

THE CLAW	THE SQUEEZE
<ul style="list-style-type: none"> • Lion's teeth • Dragon • Scary/Fear • Grooming horse • Brushing hair • Spiders • Cobwebs/Halloween • Raking leaves/hoeing • Clinging • Climbing/Crawling • Tired • Scratching/Foraging • Scuttling animal – cat, squirrel • Digging, burying • Trapped • Escape • Foraging • Witches • Adrenalin • Tingle/goosebumps • Dog digging in garden • Happy Cat • Scratching posts • Fire/Flames • Doggy paddle • Stimulating Senses/Tingle • Hiking • Cat/Squirrel • Injection • Cleansing • Fairies (light touch) • Tugged/pulled in different directions 	<ul style="list-style-type: none"> • Eating • Chewing • Picking up/Collecting • Squeezing (sponge, lemon, orange) • Kneading dough/pastry • Strong • Hug 'without a hug' • Reassurance • Don't worry • Munching • Picking up • Dumper trucks • Digging/tilling/churning • Building new beginnings • Playdough • Respect • Wringing/washing • Protected/safe/secure • Constraining • Looking over, reaching • Squeezing toothpaste • Release • Encouragement • Caterpillar • Crocodile eating • Assurance • Juicing • Weighted down/pressure

THE BOUNCE	THE SPRINKLE
<ul style="list-style-type: none"> • Grasshopper • Trampoline • Kangaroo • Chirping • Picking up • Twinkling stars in sky • Frog • Squirrel • Flitting • Birds pecking • Picking fruit • Wool –carding • Finding purpose, choice • Rabbit • Monkey • Gazelle • Insects/ Biting • Jumping • Spider in web • Take away bad emotions • Kisses • Sparkles/fairy dust • Plucking a harp/musical instrument • Fireflies • Breathing in and out • Sparkle • Exploding • Surprise/shock • Release • Tigger • Taking away/extracting • Arguing • Snapping/snappy • Chaos • Henpecked 	<ul style="list-style-type: none"> • Shower of rain • Piano • Tiptoeing/creeping • Children playing • Shy/uncertain/timid • Spray • Fairy Dust/Magic • Snowflakes • Lots and lots of.... • Creeping • Tiptoe • Gradual • Tinkles and twinkles • Dusting powder • Musical instruments • Soft/gentle • Butterflies • Crying/tears • Falling asleep • Spray • Hundreds and thousands • Butterflies (in tummy) • Anxiety • Sand • Music • Popping drink or sweets in mouth • Hustle and Bustle • <i>Can add colours (imagine being showered with different colours)</i>

THE CALM

- Resting/Pause
- Waiting/Dramatic pause
- Stop
- Safe/Still
- Ending
- Thinking
- Sleeping
- Calm before the Storm
- Being in the moment
- Reassurance
- Nighttime
- Anticipation/Expectation
- Stuck
- Dark moment
- Trapped
- Bored (in a positive way)
- Time out
- Strength in silence
- Quiet/Calm
- Headphones (on ears)
- Death
- Stop on journey
- Mystery
- Protection
- Containment/Stuck
- Connection
- Grounding
- Confirmation/it's okay
- Fog
- Identity
- Heart
- Crown
- Thinking
- Pressure of anxiety/ worry

- Permission to Stop
- Be in the Moment