












**Head, Shoulders, Knees and Toes**  
Adapted for the Story Massage Programme  
(Try as a self-massage)

[www.storymassage.co.uk](http://www.storymassage.co.uk)

 storymassage.co.uk	Head,
 storymassage.co.uk	shoulders,
 storymassage.co.uk	knees and toes, knees and toes.
 storymassage.co.uk	Head,
 storymassage.co.uk	shoulders
 storymassage.co.uk	knees and toes, knees and toes.
 storymassage.co.uk	And eyes and ears and a mouth
 storymassage.co.uk	and a nose.
 storymassage.co.uk	Head,
 storymassage.co.uk	shoulders,
 storymassage.co.uk	knees and toes, knees and toes.