

The Storm

Formål

The Storm er massagehistorien *Uvejret* oversat til engelsk med det formål at give et eksempel på, hvordan man kan bruge massagen i sprogundervisningen. Eleverne giver massage, lytter til engelsk og lærer nye ord. Det er en fordel, at de har prøvet at lave massagehistorien *Uvejret*, inden de prøver den engelske udgave.

Antal

To og to

Aktivitet

The children are organized in couples. The receiver sits on a chair resting her head on the table or sits between the givers legs.

The receivers' back is the scenery for the story.

Put on some mellow, relaxing music.

The giver starts by asking:

"Can I make a massage story on your back?"

"Is there something I have to be careful about?"

The giver puts her hands on the receivers' shoulders and both of them take three deep breaths before the story starts.

Massagehistorie

In a country far far away the weather was beautiful.

The sun shone big and yellow from a cloudless blue sky and brought warmth to everybody.

(Warm the back with a flat hand in big circles, which cover the entire back)

The sunbeams warmed the ground, flowers, animals and humans.

As the sunbeams hit the surface, the water temperature in the lakes and in the sea rose.

The humans swam and played in the clear water as the animals sought shadow under the trees.

(Draw sunbeams from the center of the back using both hands towards shoulders, lower lean and sides)

A light breeze moved. The leaves rustled softly and the trees creaked slightly.

In the fields, the green grass and the grain waved in the breeze.

It was a lovely breeze that cooled the air and made it comfortable to be outside.

(Make sweeping movements with both hands (palms) from side to side across the back).

One-day small white clouds gradually appeared on the sky.

As days went by more and more appeared and every now and then, they shaded the sun.

As more clouds appeared the temperature started to decrease.

(Draw clouds lightly with the fingertips).

An increasing wind came from the north.

The wind was chilling and it gradually turned colder.

You could hear the wind blowing in the trees and watch the leaves fall.

(Make long strokes with flat hands starting with the shoulders moving towards lower lean on either side of the spine).

More and more clouds appeared and it became darker.

Soon the sky was all-dark and the sunbeams could no longer penetrate the clouds.

Finally, it began to rain.

(Draw clouds with a fist).

The rain became heavier and heavier.

The water rose in the lakes and every hole in the ground were filled with water.

The humans, who lived in the small country, started looking for shelter inside.

(Make rain with the fingertips all over the back).

From a distance, a sound appeared. It was getting closer and clearer. It was thunder.

The thunder roared all over the country and made a lot of noise.

(Clap, using both hands, all over the back).

With thunder came lightning.

The lightning cut through the air and lit up the sky.

At some places lightning even struck the trees and destroyed them.

It was a terrible storm, it was the worst ever seen.

(With a flat hand make lines from side to side down the back starting with the shoulders moving towards lower lean).

It became colder and the rain turned to snow.

The snow fell, white and beautiful, from the sky covering the ground, roads, paths, houses and cars.

Never before had that much snow been seen in the small country. Never before the small country had seen that much snow

(Press your fingers gently all over the back).

The only thing showing was a cat making small footprints in the snow.

Another cat showed up. And another one. And another one.

(Let your fingertips "walk" on the back – imagine your fingertips making light cat footprints).

Suddenly everything turned silent and the sun once again appeared on the sky and warmed the ground.

Slowly the snow melted and the ground, grass, trees and houses reappeared.

(Warm the back with a flat hand moving in circles).

The giver ends the massage by putting her hands on the receivers' shoulders, saying: "Thank you for letting me massage you". And the receiver answers: "Thank you for the massage".