**DANCE MASSAGE**

**Dance massage was created by Naomi Rosenberg (See website info) and is used with sensory learners who follow our pre-formal curriculum here at Fox Wood.**

**The idea is to encourage pupils to make responses to music and move their body to express themselves in any way that they can, as dancers do. This is a lovely one-to-one activity. It is best to limit any distractions and focus completely on the activity as this tends to get the best responses from pupils, which may be subtle and easy to miss otherwise.**

**If you use You Tube, Spotify or similar you should be able to find the pieces of music and follow the guide under each title on the CD case (image below) for the actions and movements. Any music however will do:- just try and fit the tempo to match the action and feel free to experiment!**

**Enjoy and please feed back to us how you get on!**

**Fox Wood team**



1. **Rock and Sway**
2. **Dance arms or legs (You move your child’s arms or legs or they can if they are able)**
3. **Patting/ Dance arms and legs**
4. **Patting**
5. **Finger Dancing (Use finger tips to follow the tempo or pattern of words)**
6. **Stroking with textures**

7-end) **Dance massage- whatever you interpret from the tempo/ feel of the music or follow whatever movements your child is communicating, even if they are slight hand movements or head movements.**