

Massage Routine

If possible please complete the routine in the same place, with the child in the same position using the same lotion. This means there is consistency for the students. This activity should help the students to become aware of their hands and feet - knowing where they are and that they are part of them (Orientation and Mobility). It will also help to stimulate their tactile sense.

Hold some of the lotion near the student's nose for a few seconds so they can smell it.

Hold their left foot for at least 10 seconds, then slowly take their left sock off. Pause for at least 10 seconds then massage their left foot. Do they seem to prefer a firm or a gentle touch? Do they seem to prefer having their toes massaged separately - if so start with the big toe.

When their left foot is finished, put it down and pause again for at least 10 seconds before repeating the same procedure for their right foot. (Don't put their socks on until the whole massage routine is finished including their hands - this will be the signal that it is finished.)

After their right foot is done, pause then start with their left hand holding it first. When massaging their fingers, start with their thumb and finish with their little finger. Pause before repeating with their right hand.

When the massage is finished, hold their left foot and put their left sock on first then repeat with the right foot.

Tell the pupil that it is time to finish. You may decide you want a song to finish, it's up to you.

Over time with consistency with the same lotion smell, touch cues and using exactly the same routine, the students will begin to anticipate what is about to happen.