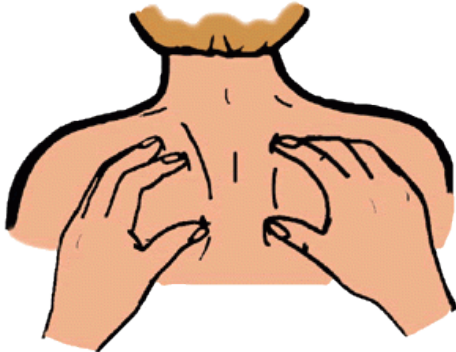


Massage



Age

From 6 years

Number of players

Starting with 8

Description

Players sit in a circle facing 90 degrees to the right, so that each player can see the back of the former neighbor to the right. Each player places his hands on the shoulders of the player in front of him and begins to massage him with movements and strokes. No pressure on the spine, neck or back. During the massage the person being massaged is asked if he/she likes it, if it feels good. After some time, shake hands, take a deep breath and relax all players. After this, everyone turns 180 degrees and massages the person they were massaged by in the previous round.

Material

Image source

<http://www.clipsahoy.com/webgraphics2/as2008.htm>