



## SELF MASSAGE PIZZA STYLE



We have adapted our SensationALL Pizza massage so you can do it on your own!

This will help your superpowers of calm to grow and grow!

The massage begins by kneading the dough, spreading the tomato sauce and then sprinkling on the cheese and toppings.

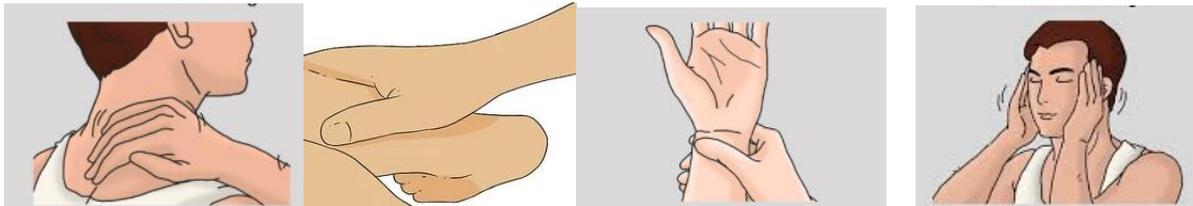
This massage technique is usually done with clothes on & in pairs! You can have a go yourself or ask a parent to do it with you – and have a go at turning ourselves into PIZZAS!

### STEP 1 – Sit down somewhere comfortable

e.g. on a comfy pillow/beanbag/blanket on the floor.

### STEP 2 – Pick a part of your body to start

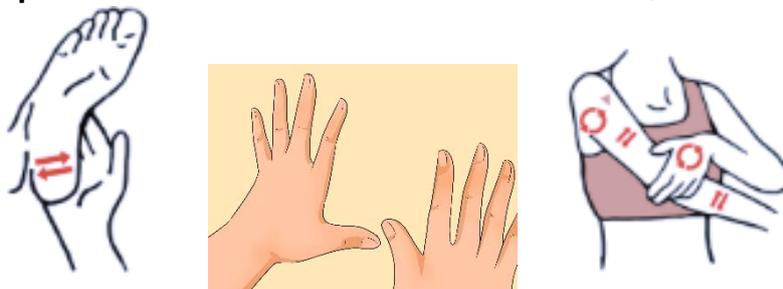
e.g. shoulders, arms or legs/feet, hands/wrists or head/face.



Begin the pizza massage by kneading the dough (kneading the skin using flat knuckles)



### STEP 3 – Spread the tomato sauce use flat palms to smooth the sauce

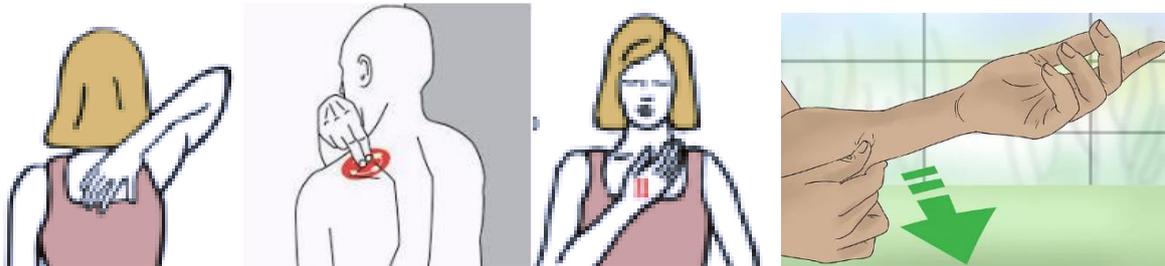


### STEP 4 – Sprinkle on the cheese (use fingertips to gently pitter-patter)



**STEP 5 – Pick your toppings!** replicate this with your massage technique.

e.g. pat on ham, poke on pepperoni, chop some onions or mushrooms, pinch the peppers



**STEP 6 – Pizza Oven** Use a tent/dark den or any other covered space (you could put a blanket over a table or chairs to create this)



Imagine you are cooling down your pizza with your breathing.

Focus on long, steady breaths in and out as the pizza cool down.

Good work!

