



RHYMES FOR LEG MASSAGE SEQUENCES

1. Easy Squeezy

Easy peasy lemon squeezy
Up the leg and past the kneesy
At the top, turn around
Then we come right back down

2. Give it some sole

Having a massage is good for the soul
It has many benefits
From helping you sleep, to helping you grow
From you head to your little toe tips

3. Wings of love

I had a little duckling with very fluffy wings
It couldn't fly, it just ran around
But boy that bird could sing

4. Sausage Roll

This little piggy went to yoga
This poor little piggy stayed at home
This little piggy knew how to massage
And this little piggy went to learn
This little piggy said "wee wee wee, when's it my turn?"

5. Happy Feet

Count 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

6. Ankle bracelet

Here we go round your little foot
Little foot, little foot
Here we go round your little foot
All day long



7. Wibble wobble

Wibble to the left
Wobble to the right
Lets wibble together
All day and night

8. Bottom Bliss

Rub a dub dub
This bottom I rub
With it's dimples and soft smooth skin
This massage should please
As your leg I squeeze
And calmness will come from within

RHYMES FOR TUMMY MASSAGE SEQUENCES

1. Tummy Snug

Snug, snug, snug, snug
Snug, snug, snug, snug
This is a tummy snug,
Snug, snug, snug

2. Roly poly

Roly poly, roly poly
On your tum
Roly poly, roly poly
This is fun!

3. Tummy time

Hickory Dickory Dock
The hand went round the clock
The clock struck one
The hand was done
Hickory Dickory Dock

4. Flower power

Roses are red
Violets are blue
You love me
And I love you.

5. Rainbow

Red and yellow and pink and green
Purple and orange and blue
I can sing a rainbow
Sing a rainbow
Sing a rainbow too

6. Tummy tuck

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream

7. Caterpillar walk

Who's that tickling my tummy?
Is it a caterpillar?
No, it's my Mummy

RHYMES FOR CHEST, ARMS AND HANDS MASSAGE SEQUENCES

1. Butterfly wings

I had a little butterfly
Who was my little friend
Up and over, round and back
Until we reach the end

2. Chest Prayer

Thank you for my baby so sweet
From the top of his head to his little feet
Thank you for the joy he brings
Thank you for just everything



3. Love Glove

Five little speckled frogs
Sat on a speckled log
Eating a most delicious grub - yum yum!
One jumped into the pool
Where it was nice and cool
Then there were four green speckled frogs - glub glub!

4. Wrist Kiss

Kiss Cross, Kiss Cross
Kiss Cross, Kiss
Thank you Mummy
For I love this...

5. Friendship bracelet

Round and round the wrist
Round and round we go
One circle, two circles
Happy as we go

6. Arm wibble wobble

Jelly on a plate
Jelly on a plate
Wibble wobble
Wibble wobble
Jelly on a plate

RHYMES FOR HEAD AND FACE MASSAGE SEQUENCES

1. Hilltops

There was an old woman
Who lived under a hill
And if she's not gone
She's living there still



2. Sleep sweep

Sleep baby sleep

Your father tends the sheep

Your mother shakes the dreamland tree

And from it fall sweet dreams for thee

3. Say "Cheese"

Smiling is infectious

You catch it like the flu

When someone smiled at me today

I started smiling too

4. Cheek sweep

A chubby little snowman

Had a carrot nose

Along came a rabbit

And what do you suppose?

That hungry little bunny

Looking for his lunch

Ate the snowman's nose

Nibble, nibble, crunch!

5. Love heart

Oh my darling, oh my darling

Oh my darling Valentine

You are perfect and I love you

And I'm glad that you are mine

6. Spider slider

Incy Wincy spider climbed up the water spout

Down came the rain and washed poor Incy out

Up came the sunshine and dried up all the rain

So Incy Wincy spider climbed the spout again



RHYMES FOR BACK MASSAGE SEQUENCES

1. M is for mummy

The Grand Old Duke of York
He had ten thousand men
He marched them up to the top of the hill
And he marched them down again.

2. Wiggly worm

There's a worm at the bottom of the garden
And his name is Wiggly Woo
There's a worm at the bottom of the garden
And all that he can do
Is wiggle all day and wiggle all night
He wiggles the whole day through
There's a worm at the bottom of the garden
And his name is Wiggly Woo

3. Daisy chain

Daisy, Daisy, give me your answer do
I'm half crazy, all for the love of you
It won't be a stylish marriage
I can't afford a carriage
But you look sweet, upon the seat
Of a bicycle made for two

4. Finger rake

Stroke your hands down my back
It fills me with glee
All the way from top to toe
I've gone all tingly