

Brown bear has big brown eyes

Can I give you a massage?

Brown bear has big brown eyes.

Make a circle round the shoulder blades then stroke out arms and hold.
Repeat three times.

Brown bear has broad shoulders.

Place hands on shoulders and gently kneed the muscle there with thumb fingers and palm.

When she was little her mother would pick her up very gently by the scruff of the neck and carry her around.

Move to the side of the person. Place one hand on their forehead and the other on the back of the neck and carefully kneed the back of the neck with thumb fingers and palm.

It would make her go all floppy and relaxed.

Stroke from head down the neck and over the shoulders three times.

Brown bear has strong, strong arms,

Kneel down to one side of the person. Place one hand at the top of the arm just bellow the armpit and gently squeeze the arm, place other hand just bellow and squeeze. Continue down the arm alternating your hands, then work back up avoiding joints. Repeat a couple of times ending near the hand.

And big black pads on the bottom of her paws.

Press your thumbs up and down on the palm of the person's hand. Move to the other side of the person and repeat the last two moves on their other arm.

When Brown bear walks she takes careful big bear steps.

Place hands at the bottom of the back either side of the spine. Press one hand after the other "walking" up the back, and then back down. Move up and down three times.

If she hears a noise she straightens her back. Standing up on her back legs and sniffs the air for danger.

Place the side of your hands at the bottom of the back either side of the spine. Shuffle sides of hands up back then slide back down. Move up and down three times.

Smelling Only the wind in the trees she settles back down again to look for honey.

Quickly stroke from the top of the head down the shoulders and then from the top of the head down the back. Repeat three times.

Thank you for letting me tell you about my friend brown bear.