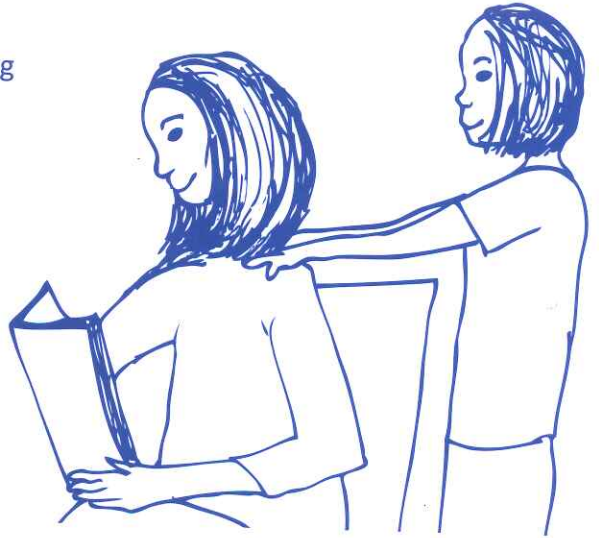


Activity 7 – Pizza Massage

Form pairs. Make a pizza on each other's back by using the steps below:

- Knead the dough
- Smooth on some tomato paste
- Sprinkle the cheese
- Add ingredients of choice (e.g. pineapple, mushrooms, bacon)
- Put the pizza in the oven. Warm with hands.
- Take the pizza out of the oven and cut it up.



Warm-down Activity – Relax and Feel Good

- Close your eyes and keep them closed until you finish the activity.
- Sit or lie in a comfortable position.
- Take 20 very slow deep breaths, in through your nose and out through your mouth.
- Make all your muscles go soft and floppy.
- Imagine you are in one of your most favourite calm places, the beach, a park, your bedroom
- Imagine what you can see, hear, smell and feel on your skin.
- Imagine the taste of beautiful fresh water or fresh fruit in your mouth.
- Keep breathing very deeply and slowly, changing every bit of air in your body.