

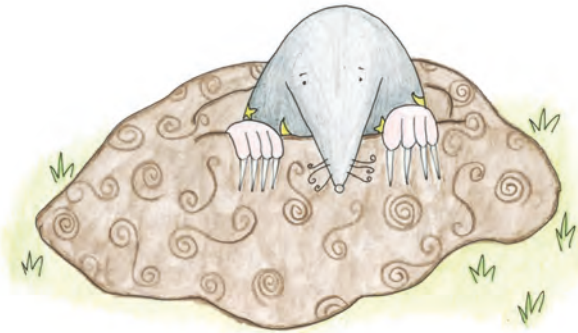
# The Story and How to Use This Book

**T**his story is based around a group of animal characters. The intention is that each animal represents a particular reflex area. For example, the central character is a mouse. She represents the Solar plexus, which is very important in all conditions related to pain, discomfort, stress and anxiety. Mouse appears in all the stories and you will return to her reflex regularly to help your child feel calm.

Each page of the story has a diagram of the hands in the corner showing the reflexes that you should be working, with

written instructions on what to do. This story will provide a general reflexology treatment for your child. This means that the main reflexes will be manipulated if you follow the instructions alongside the hand maps on each page.

This story is based on the effects of an unexpected event and the resolution of these events. It is intended to reflect any everyday disruption and to remind us that they can always be resolved.



# The Reflexes and Characters

The characters in these books each represent a reflex area of the hand. As you visit each of the reflexes, the character representing that reflex appears in the story.

Here are the characters you will meet.

## Mouse

Mouse represents the Solar Plexus reflex point. She is the central character and you will return to her again and again.



## Squirrel

Squirrel represents the Head, Sinus, Teeth, Eyes and Ear reflexes.



## Hare

Hare represents the Lungs and Chest reflexes.



## Mole

Mole represents the Digestive System reflexes.



## Otter

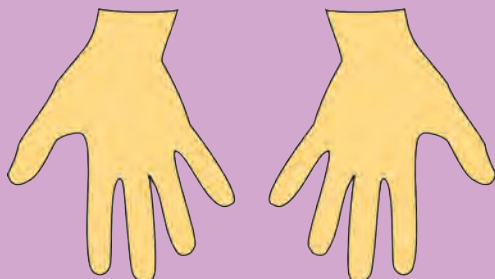
Otter represents the Lymphatic System reflex.



## Snake

Snake represents the Nervous System, Back and Spine reflexes.



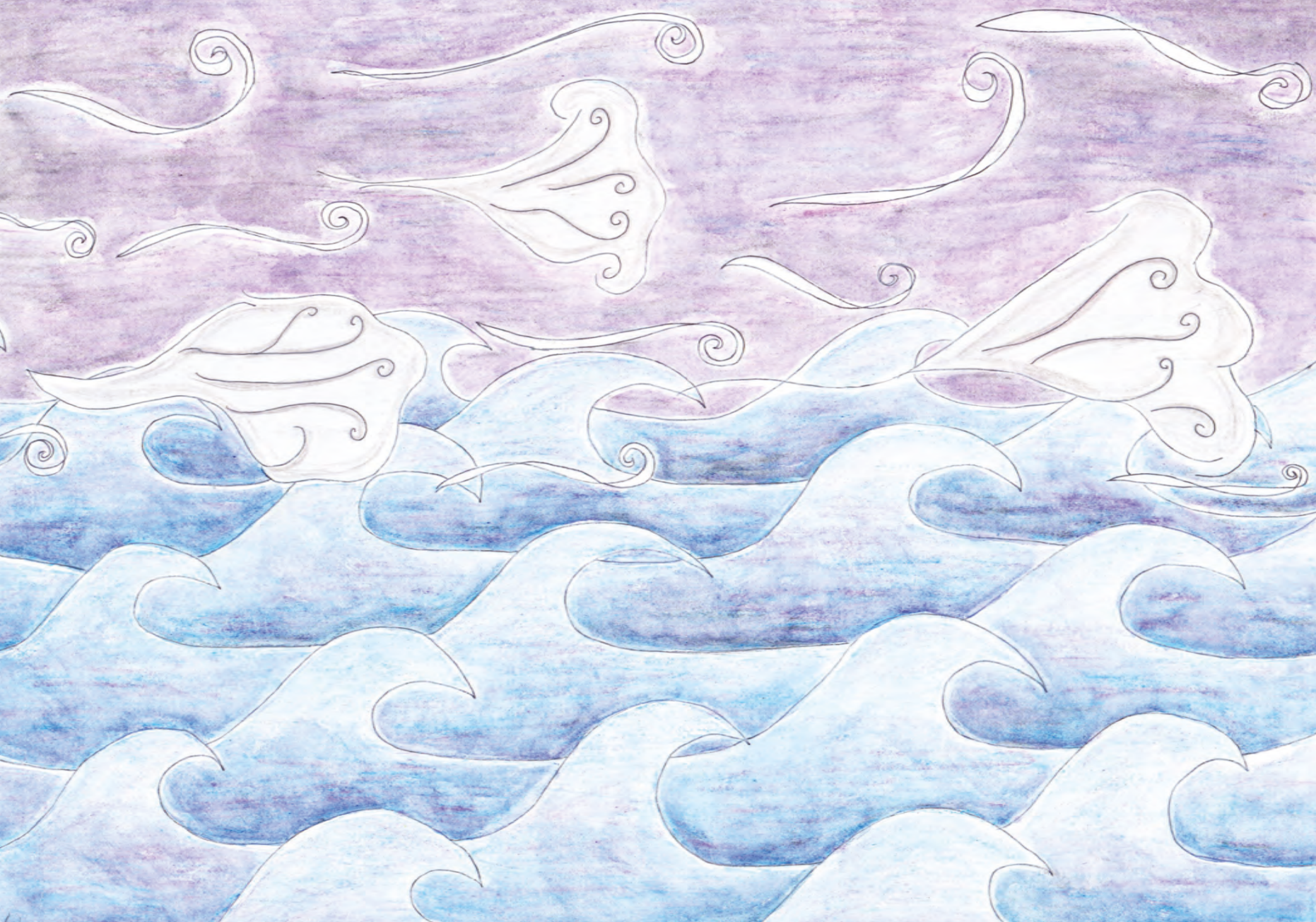


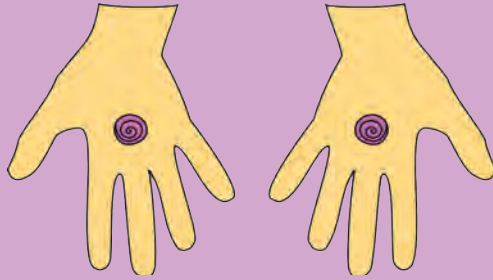
Gently stroke your child's hands to prepare them for their Reflexology treatment.

*In the ocean blue and deep  
Sat an island chain that looked like feet  
Toward its shores a big storm blew  
And no one on the island knew*









Hold your child's hands in your hands with your thumb gently pressed on the Solar Plexus reflex.

*Mouse was curled up in her nest  
Her favourite place that she liked best  
The sky was cloudy, looking grey  
An early night for her today*





