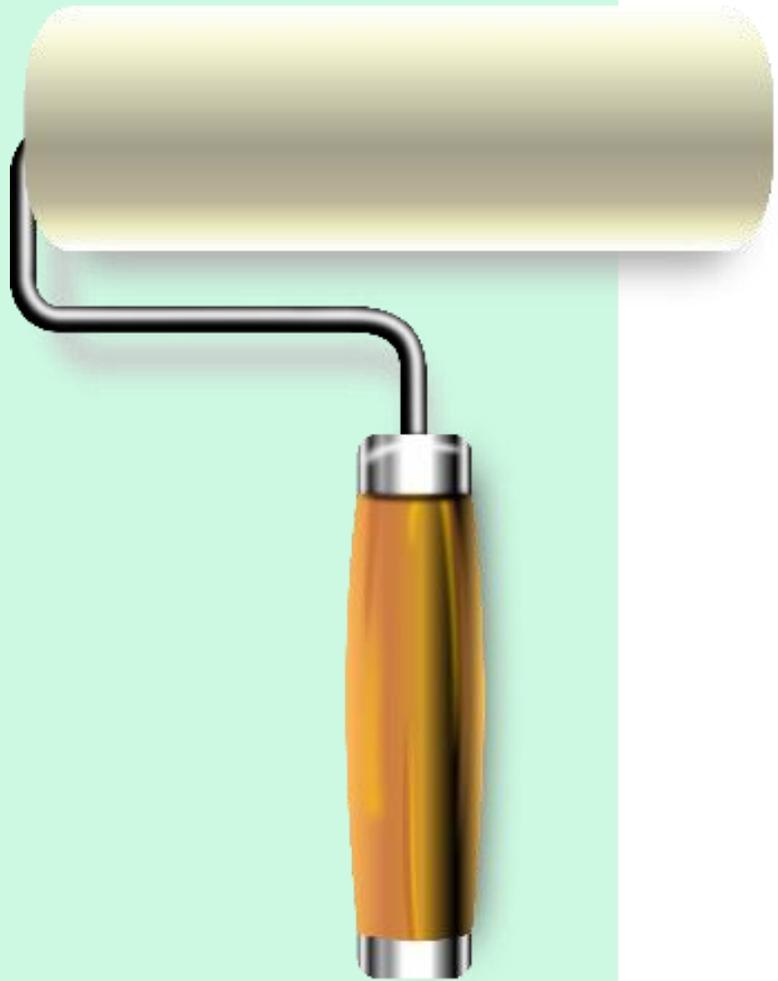


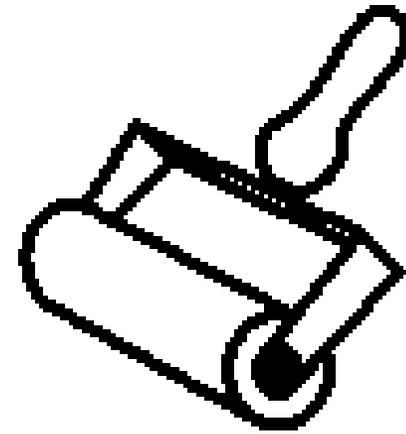
Italia Massage to music



Use household objects



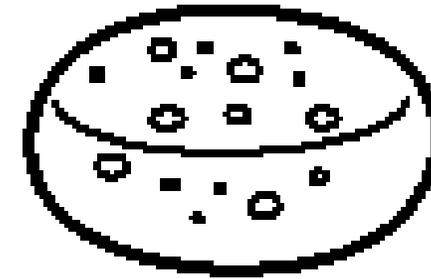
Rolling with rollers



roller

<https://www.youtube.com/watch?v=raJkCwQB2CY&safe=active>

Squeezing with sponges



sponge

<https://www.youtube.com/watch?v=OnFlx2Lnr9Q&safe=active>

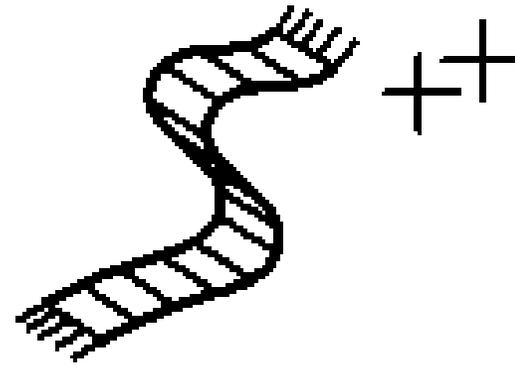
Tapping with spatulas



spatula

<https://www.youtube.com/watch?v=7E9Ed9DUQoQ&safe=active>

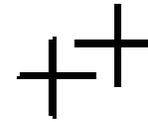
Swishing with scarves



scarves

<https://www.youtube.com/watch?v=jAQQ1Vlk1nE&safe=active>

Hugging with teddies



teddies

<https://www.youtube.com/watch?v=1lqxIWMHwJM&safe=active>