



British History since 1940

A message to music by Nichola Mott

1940s



- “We’ll Meet Again”
- Vera Lynn
- YouTube:
<https://www.youtube.com/watch?v=cHcunREYzNY>
- **Massage:** Slow hand-over-hand reassurance
- Gentle strokes over hands/forearms
- Calm, warm introduction

1950s

- “Move It”
- **Cliff Richard**
- YouTube:
https://youtu.be/k5mIq3yF6Nc?si=WbWDPpPYDT773tM_6
- **Massage:** Rhythmic shoulder tapping
- Light, bouncy taps
- Builds alertness





1960s



- “Here Comes the Sun”
- The Beatles
- YouTube:
<https://www.youtube.com/watch?v=KQetemT1sWc>
- **Massage:** Long sweeping arm strokes
- Slow, warm strokes down arms/legs
- Encourages relaxation

1970s



- **“You Make Me Feel Like Dancing”**
- **Leo Sayer**
- YouTube:
<https://youtu.be/VDlvPD9qCao?s=i=332tjB1zl-xTZsBY>
- **Massage:** Light rhythmic pats
- Gentle pats on hands/feet
- Fun and upbeat



1980s

- “True”
- Spandau Ballet
- YouTube:
<https://www.youtube.com/watch?v=AR8D2yqgQ1U>
- **Massage:** Slow circular shoulder/back rubs
- Smooth, steady circles
- Grounding and calming



1990s

- “Wonderwall”
- Oasis
- YouTube:
<https://www.youtube.com/watch?v=6h zrDeceEKc>
- **Massage:** Slow circular back/shoulder rubs
- Predictable rhythm
- Comforting and familiar





2000s



- “Rule the World” Take That
- YouTube:
https://youtu.be/KII1ruAfvsg?si=54RRohlRTuzEJ_s1
- **Massage:** Soft fabric gliding
- Use scarf/cloth along arms/legs
- Smooth, flowing sensory input

2010s

- “Paradise” Coldplay

- YouTube:

- https://www.youtube.com/watch?v=1G4isv_Fylg

- **Massage:** Slow rhythmic tapping

- Gentle taps on shoulders/knees

- Builds anticipation

