

Fascia Superpower Sessions for Kids

A gentle, playful way to help your child's body relax and heal

Dear Parent,

In my work with children, I've found that healing happens best when the body feels safe, curious, and playful. Fascia—the connective tissue that surrounds every muscle, organ, and nerve—responds not only to gentle touch, but also to attention and imagination.

That's why, in sessions with kids, I use “superpower language.” Instead of clinical terms, your child will hear stories about their body's magic:

Magic Roots (feet): to feel grounded and strong

Secret Bridge (hips): to support movement and play

Balloon (belly): to connect with breath and calm

Dragon's Fire (chest): to release tension and feel courage

Superhero Wings (shoulders): to open the heart and posture

Dream Crown (head): to rest the mind and spark imagination

As I gently hold these areas, your child will be invited to imagine colors, textures, or sounds connected to their “superpowers.” This makes the session fun, creative, and deeply calming—while still giving their fascia the chance to soften, release, and restore balance.

Every child responds differently: some feel warmth, tingling, or a sense of floating; others just relax quietly. All of these are normal and part of the body's self-healing process.

Thank you for trusting me with your child. Together, we make space for their body's natural magic to shine. ■

Warmly,
Janna Risch, LMT