

# 30 Fun and Educational Massage Stories with the Story Massage Programme

[www.storymassage.co.uk](http://www.storymassage.co.uk)



Here are some of the massage stories that we shared during the first lockdown. You can find video demonstrations of many of these on our Vimeo channel: <https://vimeo.com/storymassage>

Always remember to ask permission and say 'thank you' at the end. You can also enjoy these massage stories as a self-massage or with your pets.








Chapter 1 (pages 2-10) Nursery Rhymes and Songs

Chapter 2 (pages 11-19) Traditional Tales







Chapter 3 (pages 20-40) Creative and Educational

Please do not share this booklet on public social media as we are working hard to protect the integrity of the programme.









The Grand Old Duke of York  
Adapted for the Story Massage Programme  
[www.storymassage.co.uk](http://www.storymassage.co.uk)

	Oh, the Grand Old Duke of York
	He had ten thousand men.
	He marched them up to the top of the hill
	And he marched them down again.
	And when they were up, they were up.
	And when they were down, they were down.
	And when they were only halfway up, they were neither up nor down.













**Horsey, Horsey**  
 Adapted for the Story Massage Programme  
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	<p>Horsey, Horsey don't you stop</p>
	<p>Just let your feet go clippety-clop.</p>
	<p>Your tail goes swish and the wheels go round.</p>
	<p>Giddy-up, we're homeward bound.</p>
	<p>We're not in a hurry. We're not in a flurry. And we don't have a heavy load.</p>
	<p>Horsey, Horsey, don't you stop.</p>
	<p>Just let your feet go clippety-clop.</p>
	<p>Your tail goes swish and the wheels go round.</p>
	<p>Giddy-up, we're homeward bound.</p>

**Miss Polly had a Dolly**  
Adapted for the Story Massage Programme  
[www.storymassage.co.uk](http://www.storymassage.co.uk)

 ©storymassage.co.uk	Miss Polly had a dolly who was sick, sick, sick
 ©storymassage.co.uk	So, she phoned for the doctor to come quick, quick, quick.
 ©storymassage.co.uk	The doctor came with his bag and his hat,
 ©storymassage.co.uk	And he knocked on the door with a rat-a-tat-tat.
 ©storymassage.co.uk	He looked at the dolly and he shook his head.
 ©storymassage.co.uk	And said, "Miss Polly, put her straight to bed!"
 ©storymassage.co.uk	He wrote on a paper for a pill, pill, pill.
 ©storymassage.co.uk	"I'll be back in the morning with my bill, bill, bill."







**The Wheels on the Bus**  
 Adapted for the Story Massage Programme  
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	<p>The wheels on the bus go round and round.          Round and round, Round and round</p>
	<p>The wheels on the bus go round and round</p>
	<p>All day long.</p>
	<p>The wipers on the bus go swish, swish, swish,          Swish, swish, swish Swish, swish, swish</p>
	<p>The wipers on the bus go swish, swish, swish</p>
	<p>All day long.</p>
	<p>The horn on the bus goes beep, beep, beep          Beep, beep, beep, Beep, beep, beep</p>
	<p>The horn on the bus goes beep, beep, beep</p>
	<p>All day long.</p>
	<p>The doors on the bus go open and closed          Open and closed Open and closed</p>
	<p>The doors on the bus go open and closed</p>
	<p>All day long.</p>











**Daddy Finger, Daddy Finger**  
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 <p>©storymassage.co.uk</p>	Daddy finger, daddy finger, where are you?
 <p>©storymassage.co.uk</p>	Here I am, here I am, how do you do?
 <p>©storymassage.co.uk</p>	Mummy finger, mummy finger, where are you?
 <p>©storymassage.co.uk</p>	Here I am, here I am, how do you do?
 <p>©storymassage.co.uk</p>	Brother finger, brother finger, where are you?
 <p>©storymassage.co.uk</p>	Here I am, here I am, how do you do?
 <p>©storymassage.co.uk</p>	Sister finger, sister finger, where are you?
 <p>©storymassage.co.uk</p>	Here I am, here I am, how do you do?
 <p>©storymassage.co.uk</p>	Baby finger, baby finger, where are you?
 <p>©storymassage.co.uk</p>	Here I am, here I am, how do you do?

**Round and Round the Garden**  
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	Round and round the garden Like a teddy bear.
	One step, two steps
	Tickle under there!
	Round and round the haystack Went the little mouse.
	One step, two steps
	In his little house.

**One, Two Buckle My Shoe**  
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 <small>©storymassage.co.uk</small>	One, two
 <small>©storymassage.co.uk</small>	Buckle my shoe.
 <small>©storymassage.co.uk</small>	Three, four
 <small>©storymassage.co.uk</small>	Knock at the door.
 <small>©storymassage.co.uk</small>	Five, six
 <small>©storymassage.co.uk</small>	Pick up sticks.
 <small>©storymassage.co.uk</small>	Seven, eight.
 <small>©storymassage.co.uk</small>	Lay them straight.
 <small>©storymassage.co.uk</small>	Nine, ten
 <small>©storymassage.co.uk</small>	Let's say it again.





**Down in the Jungle**  
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 <p>©storymassage.co.uk</p>	Down in the jungle where nobody goes.
 <p>©storymassage.co.uk</p>	There's a great big gorilla washing his clothes.
 <p>©storymassage.co.uk</p>	With a rub-a-dub here And a rub-a-dub there.
 <p>©storymassage.co.uk</p>	That's the way he washes his clothes.
<i>Repeat with:</i>	
 <p>©storymassage.co.uk</p>	Big Fat Hippo
 <p>©storymassage.co.uk</p>	Great big crocodile
 <p>©storymassage.co.uk</p>	Little baby monkey
 <p>©storymassage.co.uk</p>	Very stripy Tiger

**A Sailor Went to Sea, Sea, Sea**  
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	A sailor went to sea, sea, sea
	To see what he could see, see, see.
	But all that he could see, see, see
	Was the bottom of the deep blue sea, sea, sea.
	A sailor went to sea, sea, sea
	To see what he could see, see, see.
	But all that he could see, see, see
	Was seaweed in the deep blue sea, sea, sea.
	<i>Add other ideas - whale, squid, crab etc... then ...</i>
	A sailor went to sea, sea, sea
	To see what he could see, see, see.
	But all that he could see, see, see
	Was a great big shark in deep blue sea, sea, sea.
	<i>So, he sailed back home very quickly!</i>

**Little Red Riding Hood**  
Adapted for the Story Massage Programme  
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	<p>Little Red Riding Hood walked through the forest to visit her sick Granny.</p>
	<p>She took some delicious chocolate cake in a basket.</p>
	<p>On the way she was stopped by the wicked wolf who asked where she was going.</p>
	<p>'I'm taking the winding path that leads to my Granny's little cottage,' she said.</p>
	<p>The wicked wolf was hungry, so he decided to run to Granny's cottage. And he ate her all up.</p>
	<p>Then the wolf put on Granny's cap and her shawl and pretended to be Granny.</p>
	<p>Little Red Riding Hood tiptoed quietly into Granny's bedroom.</p>
	<p>'Granny, what big ears you have!' she said. And the wolf replied: 'All the better to see you with.'</p>
	<p>'Granny, what big eyes you have!' said Little Red Riding Hood. And the wolf replied: 'All the better to see you with.'</p>
	<p>'Granny, what big teeth you have!' said Little Red Riding Hood. And the wolf replied: 'Grrrr... all the better to eat you with.'</p>

	<p>Then the wolf swallowed Little Red Riding Hood down in one gulp.</p>
	<p>'Help, let us out,' cried <i>Granny</i> and Little Red Riding Hood from the wolf's tummy.</p>
	<p>A woodsman heard their cries and cut the wolf open with his axe. Out jumped <i>Granny</i> and Little Red Riding Hood.</p>
	<p>And they all sat down to enjoy chocolate cake for tea.</p>

## Goldilocks and the Three Bears









Adapted for the Story Massage Programme








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 ©storymassage.co.uk	Once upon a time there was a little girl called Goldilocks. She was walking in the woods and she came to a house.
 ©storymassage.co.uk	It belonged to three bears. Papa Bear, Mama Bear and Baby Bear.
 ©storymassage.co.uk	She knocked on the door but there was no answer. So, she went inside.
 ©storymassage.co.uk	She found three bowls of porridge on the kitchen table. It looked delicious and she was very hungry. The porridge in the first bowl was too hot. The porridge in the second bowl was too cold.
 ©storymassage.co.uk	'This porridge is just right,' said Goldilocks when she tasted the porridge in the third and smallest bowl. She ate it all up.
 ©storymassage.co.uk	She felt very sorry. She decided to sit down. She could see three chairs. The first and second chairs were too big for her.
 ©storymassage.co.uk	'This chair is just right,' said Goldilocks as she sat on the third and smallest chair. But the chair broke into little pieces. Goldilocks felt very sorry for breaking the chair.
 ©storymassage.co.uk	She felt very tired, so she went upstairs for a rest. She found three beds. The first bed was too hard. The second bed was too soft.
 ©storymassage.co.uk	'This bed is just right,' said Goldilocks and she lay down on the third and smallest bed. She fell fast asleep.

 <small>©storymassage.co.uk</small>	<p>The three bears came home. 'Someone's been eating our porridge' growled Papa and Mama Bear.</p>
 <small>©storymassage.co.uk</small>	<p>'Someone's been eating my porridge and they have eaten it all up!' cried Baby Bear.</p>
 <small>©storymassage.co.uk</small>	<p>'Someone's been sitting on our chairs,' growled Papa and Mama Bear.</p>
 <small>©storymassage.co.uk</small>	<p>'Someone's been sitting in my chair' cried Baby Bear 'And they've broken it'</p>
 <small>©storymassage.co.uk</small>	<p>'Someone's been sleeping in our beds,' growled Papa and Mama Bear.</p>
 <small>©storymassage.co.uk</small>	<p>'Someone's been sleeping in my bed and she's still there!' exclaimed Baby Bear.</p>
 <small>©storymassage.co.uk</small>	<p>Goldilocks woke up and saw the three bears. 'I am really sorry,' she said, 'I will tidy your house and mend your chair and make breakfast.'</p>
 <small>©storymassage.co.uk</small>	<p>Baby Bear smiled and said, 'I hope that we can be friends.'</p>










**The Three Little Pigs**  
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 <p>©storymassage.co.uk</p>	<p>Mrs Pig was too tired to look after her three little piglets. So she sent them off to fend for themselves.</p>
 <p>©storymassage.co.uk</p>	<p>The first little pig built a house made of straw.</p>
 <p>©storymassage.co.uk</p>	<p>The second little pig built a house made of sticks.</p>
 <p>©storymassage.co.uk</p>	<p>The third little pig built a house made of bricks. It took a long time.</p>
 <p>©storymassage.co.uk</p>	<p>His brothers laughed because he was working so hard when their homes were already finished.</p>
 <p>©storymassage.co.uk</p>	<p>Then one night, a wolf knocked on the door of the straw house. "Let me come in," he said. "Or I'll huff, and I'll puff, and I'll blow your house in."</p>
 <p>©storymassage.co.uk</p>	<p>And that's exactly what he did.</p>
 <p>©storymassage.co.uk</p>	<p>The next night the wolf knocked on the door of the stick house. "Let me come in," he said, "Or I'll huff, and I'll puff, and I'll blow your house in."</p>

 <p>©storymassage.co.uk</p>	<p>And that's exactly what he did.</p>
 <p>©storymassage.co.uk</p>	<p>The next night the wolf knocked on the door of the brick house. "Let me come in," he said, "Or I'll huff, and I'll puff, and I'll blow your house in."</p>
 <p>©storymassage.co.uk</p>	<p>And he huffed, and he puffed but he couldn't blow the brick house in.</p>
 <p>©storymassage.co.uk</p>	<p>The wolf was very hungry, and he became very angry.</p>
 <p>©storymassage.co.uk</p>	<p>He started to come down the chimney but... the third little pig was clever. He caught the wolf with a pan of boiling water.</p>
 <p>©storymassage.co.uk</p>	<p>The brick house was safe and strong. Not even a wolf could come in.</p>
 <p>©storymassage.co.uk</p>	<p>The three little pigs lived happily in their own brick houses.</p>














**Jack and the Beanstalk**  
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	<p>Jack lived with his Mum and his cow. They were very poor.</p>
	<p>One day Jack's Mum told him to sell the cow.</p>
	<p>Jack sold the cow for some magic beans.</p>
	<p>His Mum threw them out of the window.</p>
	<p>The next day, a huge beanstalk grew in the garden.</p>
	<p>Jack climbed the beanstalk to see what was at the top.</p>
	<p>A horrible giant lived there in a castle.</p>
	<p>The giant had stolen many things from Jack's family.</p>
	<p>Jack took back the hen that laid golden eggs.</p>
	<p>"Fee, Fi, Fo, Fum" roared the angry giant.</p>






	Jack took back the bag of gold.
	"Fee, Fi, Fo, Fum" roared the angry giant.
	Jack took back the magic harp that could play and sing by itself.
	"Fee, Fi, Fo, Fum" roared the angry giant.
	Jack chopped down the beanstalk.
	Jack and his Mum lived happily ever after.

**The Chicken and the Fox**  
Adapted for the Story Massage Programme  
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	<p>One day a chicken was alone in a field, happily pecking at some grains.</p>
	<p>A hungry fox saw the chicken and wanted to eat it.</p>
	<p>"My dear chicken," said the fox, "You look very beautiful today. Please can you sing a song for me with your sweet voice."</p>
	<p>The chicken believed the fox and started singing.</p>
	<p>The fox jumped on the chicken, caught hold of its neck and started running.</p>
	<p>But then the fox and the chicken saw some dogs chasing them. The dogs were barking loudly.</p>
	<p>The fox was scared and ran faster and faster.</p>
	<p>But the clever chicken a good idea. "The dogs want to eat me not you," said the chicken, "You can stop and tell them that you caught me first."</p>
	<p>The fox believed the chicken and opened its mouth to started talking.</p>
	<p>This was the chance for the chicken to run away. It jumped from the fox's mouth and flew up a tree.</p>
	<p>And when the fox was gone, the chicken started happily pecking at grains again.</p>

**The Circus Comes to Town**  
 Written for the Story Massage Programme  
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	Roll up... roll up...roll up...
	The Circus is here! The tent is so big, and so colourful.
	Hold on tight to your ticket. Come on in...
	The jugglers are catching balls flying through the air. One, two, three, four, five, six balls!
	The clowns are funny. They have very big feet, and red noses and painted faces. Everyone laughs at their tricks and jokes.
	And look at the clever cyclists on their uni-cycles. How do they balance?
	Acrobats jump and spin and tumble across the ring.
	And look up high... the tightrope artists are walking high above the circus ring. Will they fall? Everyone holds their breath.... Phew! They are very skilled.
	And can you see the tall man, the very, very tall man on stilts.
	His trousers are so long!
	Then everyone goes very quiet...

	<p>The daring trapeze artists arrive in the ring in their sparking costumes. They climb higher and higher.....</p>
	<p>And they swing upside down. And from side to side.</p>
	<p>They do somersaults in the air and catch each other.</p>
	<p>Everyone stands to clap and cheer.</p>
	<p>Hurrah for the circus!</p>

## Colours of the Rainbow

Written by Mary Atkinson for the Story Massage Programme










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	<p>Let's paint an adventure with the colours of the rainbow.</p>
	<p>Hold on tight and we'll travel through the seven different colours. Red, Orange, Yellow, Green, Blue, Indigo and Violet.</p>
	<p>All aboard for the colour Red. We're sitting on a red London bus. Can you see Buckingham Palace?</p>
	<p>Snuggle up for the colour Orange. Feel the warmth of the orange flames as we huddle around a campfire.</p>
	<p>It's a bumpy ride along the colour Yellow. We're high up on a camel trekking across the yellow sands in the desert.</p>
	<p>Walk gently on the colour Green. We're in a beautiful forest with tall green trees and wildflowers.</p>
	<p>Dive deeply into the colour Blue. We're swimming with fish and dolphins in the warm blue sea.</p>
	<p>Climb up high into the night sky for the colour Indigo.</p>
	<p>With twinkling stars to guide us on our way.</p>
	<p>Tiptoe into the magical, sparkling world of the colour Violet. Would you like to make a wish?</p>
	<p>And now, let's travel back along the rainbow to arrive safely home after our colourful adventure.</p>

## A Sensory Walk

Written by Mary Atkinson for the Story Massage Programme












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 <small>©storymassage.co.uk</small>	When you go for a walk, what can you see?
 <small>©storymassage.co.uk</small>	Pretty patterns on the leaves of every tree,
 <small>©storymassage.co.uk</small>	Fluffy clouds in the sky above,
 <small>©storymassage.co.uk</small>	And rainbows in windows, made with love.
 <small>©storymassage.co.uk</small>	When you go for a walk, what can you hear?
 <small>©storymassage.co.uk</small>	The singsong of birds, both far and near.
 <small>©storymassage.co.uk</small>	Chatter of people, and a cheery hello.
 <small>©storymassage.co.uk</small>	The clatter of footsteps on the ground below.
 <small>©storymassage.co.uk</small>	Feel the gentle breeze and warmth of the sun.
 <small>©storymassage.co.uk</small>	Smell the colourful flowers, one by one.
 <small>©storymassage.co.uk</small>	Take time to find joy everywhere
 <small>©storymassage.co.uk</small>	In this sensory world that we all share.

## Maisy's Musical Journey





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 ©storymassage.co.uk	Maisy loves to listen to music. All kinds of music.
 ©storymassage.co.uk	Classical and Pop. Jazz and Rock. She enjoys them all.
 ©storymassage.co.uk	Music takes Maisy on a magical mystery journey.
 ©storymassage.co.uk	The happy strumming of the ukulele takes her to a sunny beach with golden sands.
 ©storymassage.co.uk	And now she is dancing to the jingle-jangle of the tambourine at a colourful festival.
 ©storymassage.co.uk	With the soothing sound of the harmonica she is relaxing on a boat trip along the river.
 ©storymassage.co.uk	And now she is marching to the steady beat of the drum. Right foot, left foot...
 ©storymassage.co.uk	Next she is on a train with the shrill blast of the whistle signalling the start of an exciting ride. Hold on tight to Poppy's hand!
 ©storymassage.co.uk	But it is the shakers that make Maisy laugh. Her whole body moves to the rhythm. What will it be today?
 ©storymassage.co.uk	Soft and slow or loud and fast.
 ©storymassage.co.uk	Maisy smiles and sings along with the music.
















**Friendship Poem**  
 Written by Sarah Duncan  
 and adapted for the Story Massage Programme  
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	Friendship is the kind of thing
	That ripples far and wide
	One friendly act, much joy can bring
	And fills you up inside.
	So, what can you do today
	To be a special friend?
	Smile and find kind words to say
	Or write a little note to send?
	Be a friend and show you care
	And like ripples in a lake
	Your friendship will spread everywhere
	What a difference you can make!

## Finding the Moon

Written by Mary Atkinson for the Story Massage Programme












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	Bobby Blackbird looked up at the dark night sky and saw twinkling stars and...
	...a silvery, crescent shaped moon.
	"Tomorrow I will fly to the moon," he said. as he went to sleep.
	But the next morning he looked up to the blue sky and he saw a round yellow sun and dark clouds.
	But no moon. Where was the moon?
	He flew towards the dark clouds to see if they were hiding the moon. He flew past birds and planes and even a hot air balloon.
	But no moon. Where was the moon?
	And then he felt raindrops falling from the sky
	He looked up and saw a beautiful rainbow with seven colours...red, orange, yellow, green, blue, indigo, violet.
	But no moon. Where was the moon?
	All day long, Bobby tried to find the moon until it was time to go to sleep.
	Bobby looked up at the dark night sky. And do you know what he saw?
	A silvery, crescent shaped moon!

## The Snake in the Jungle

Written by Sarah Hall for the Story Massage Programme

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	<p>Sally Snake slithered through the jungle. She slithered up to an elephant. Ssssssss</p>
	<p>But the elephant ran away. Stomp, stomp, stomp.</p>
	<p>Sally Snake slithered through the jungle. She slithered up to a gazelle. Ssssssss</p>
	<p>But the gazelle ran away. Whoosh, whoosh, whoosh.</p>
	<p>Sally Snake slithered through the jungle. She slithered up to a tree frog. Ssssssss</p>
	<p>But the tree frog ran away. Bounce, bounce, bounce.</p>
	<p>Sally Snake slithered through the jungle. She slithered up to the wise old owl. 'Ssssssss...</p>
	<p>Sssssssorry,' said Sally Snake, 'I scare all the other animals away.'</p>
	<p>So, the wise old owl flew around the jungle and told all the animals that Sally Snake was not really very scary.</p>
	<p>Sally Snake slithered through the jungle. She slithered up to:</p>
	<p>the elephant</p>

	the gazelle
	the tree frog
	and the wise old owl
	And they all played happily together.

## Minibeasts

Written by Lisa Reynolds for the Story Massage Programme











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 ©storymassage.co.uk	Let's go out to the garden. What can we hear and see?
 ©storymassage.co.uk	The buzzing of a bumble bee,
 ©storymassage.co.uk	Ants running all around,
 ©storymassage.co.uk	Wiggly worms underground.
 ©storymassage.co.uk	A ladybird with spots on her back
 ©storymassage.co.uk	Snails leaving a sticky track.
 ©storymassage.co.uk	Pretty butterflies flying overhead,
 ©storymassage.co.uk	Spiders weaving a silky web.
 ©storymassage.co.uk	Finding minibeasts is so much fun!
 ©storymassage.co.uk	Time to go inside, the day is done.

## Under the Sea

Written by Mary Atkinson for the Story Massage Programme










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 ©storymassage.co.uk	Deep in the ocean lived little Freddie Fish.
 ©storymassage.co.uk	He was darting and diving and dashing around looking for a quiet place to relax in the busy ocean. But it was difficult.
 ©storymassage.co.uk	He had to zip past Ollie Octopus with eight swirling, curling tentacles searching for food.
 ©storymassage.co.uk	Then Sammy Sea Turtle whizzed and weaved through the water with her super-strong flippers.
 ©storymassage.co.uk	While the twisting, twirling, whirling of Spanish Dancer made him feel quite giddy.
 ©storymassage.co.uk	Charlie Crab scooted and scuttled sideways across the ocean floor, in a hurry with a flurry of legs. Little Freddie Fish didn't feel very relaxed.
 ©storymassage.co.uk	Then he was whisked away on the current of the flip-flap-flop of Ruby Ray's amazing wings.
 ©storymassage.co.uk	That's when he spotted wibbly-wobbly Jimmy Jellyfish floating calmly in the water. That looked very soothing.
 ©storymassage.co.uk	Little Freddie Fish realised he could do the same. So, he let his whole body relax, breathing in and out, in and out.
 ©storymassage.co.uk	And he forgot all about the frenzy of his sea-friends and felt calm inside.

## Into Space

Written by Sarah Hall for the Story Massage Programme

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	<p>Can you remember the eight different planets high up in space? Well, here's a clever rhyme to help you put them in place.</p>
	<p><b>My Very Excellent Mother Just Served Us Noodles.</b></p>
	<p>Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune.</p>
	<p>Yes, eight planets in order, plus stars and oodles and oodles!</p>
	<p>Mercury. Mercury is the baby planet, smallest and nearest to the sun Named after the Roman messenger of Gods, it is the fastest one.</p>
	<p>Venus. When ancient astronomers could see only five, Venus was the prettiest planet, bright and alive.</p>
	<p>Earth. Although as humans we like to roam Earth is our sanctuary, our place, our home.</p>
	<p>Mars. Mars is like my house, it is really dusty And the colour of Mars is pretty rusty.</p>
	<p>Jupiter. Jupiter, is the largest planet, named after a powerful guy The Roman God of thunder and sky.</p>












 <small>©storymessage.co.uk</small>	<p>Saturn.  Saturn is the planet famous for rings going around it,  And has more moons than any other planet.</p>
 <small>©storymessage.co.uk</small>	<p>Uranus.  Sometimes you can see Uranus in the sky  Without a telescope, with just the human eye.</p>
 <small>©storymessage.co.uk</small>	<p>Neptune is the furthest planet away  To get there I'd guess 12 years and a day  It is the coldest planet and looks blue like the sea  Hence the name Neptune, the Roman God of the sea.</p>
 <small>©storymessage.co.uk</small>	<p>Mercury, Venus, Earth, Mars, Jupiter, Saturn,  Uranus, Neptune.</p>
 <small>©storymessage.co.uk</small>	<p><b>My Very Excellent Mother Just Served Us Noodles.</b>  Yes, eight planets in order, plus stars and oodles and oodles!</p>



## Emmanuel Goes Camping











Written by Mary Atkinson for the Story Massage Programme

[www.storymassage.co.uk](http://www.storymassage.co.uk)

	Emmanuel and his Mum went on a camping adventure. First, they put up their tent.
	And then they hammered in the tent pegs.
	They rolled out their beds and their sleeping bags, so it all looked cosy. "This is going to be the best camping trip ever," said Mum.
	They went searching for kindling wood for the campfire. They gathered up lots of little twigs and sticks.
	They enjoyed watching the colourful, flickering flames of the campfire. And they sang their favourite songs.
	Then Mum and Emmanuel toasted some marshmallows over the fire. They smelt so good and tasted ...mmm... delicious!
	But oh no! The clouds started building up and it began to rain. They ran inside their tent.
	They listened to the pitter-patter sound of raindrops falling on their tent. And they snuggled up happily together.
	Finally, the rain stopped, and they went outside. They looked up to the sky....
	...and saw lots and lots of beautiful, twinkling stars.
	"This is the best camping trip ever," said Emmanuel.











## A Winter Walk

Written by Mary Atkinson for the Story Massage Programme  
[www.storymassage.co.uk](http://www.storymassage.co.uk)

 <small>©storymassage.co.uk</small>	Brr... it's cold and frosty out there. But we are going for walk to get some fresh air....
 <small>©storymassage.co.uk</small>	"Put on your gloves," says Mum, "and a hat on your head. "It's slippery today. Let's be careful where we tread."
 <small>©storymassage.co.uk</small>	Look at the dogs in cosy coats to keep them dry They make us smile as we walk by.
 <small>©storymassage.co.uk</small>	When we get to the park, it's a magical sight The frost covers everything with twinkles of light.
 <small>©storymassage.co.uk</small>	The pond is frozen, but the ducks don't mind We watch as they dive to see what food they can find.
 <small>©storymassage.co.uk</small>	The cold wind gives our cheeks a rosy glow And we feel the first fluttering of soft, white snow.
 <small>©storymassage.co.uk</small>	I wave at my friend, but we don't go too near. We want to stay safe, and the rules are clear.
 <small>©storymassage.co.uk</small>	As we walk home, I ask if the snow will settle But Mum just says: "Time to put on the kettle!"
 <small>©storymassage.co.uk</small>	She makes hot chocolate in my favourite mug And we sit on the sofa, all warm and snug.
 <small>©storymassage.co.uk</small>	Our winter walk was fun, we'll do it again And maybe tomorrow we can build snowmen.












## Europe - Stepping Back in Time

Written by Mary Atkinson for the Story Massage Programme  
[www.storymassage.co.uk](http://www.storymassage.co.uk)

	Let's step back in time to Europe around 500 years ago
	Go famous places and meet famous faces That you might know.
	Let's begin with a very famous Tudor king...
	Henry V111 married six times to fulfil his dream Of being the monarch who reigned supreme.
	At Hampton Court Palace, he made his grand plan To dissolve the monasteries and claim their land.
	Let's step back in time to Europe around 500 years ago
	Go famous places and meet famous faces That you might know.
	Now to Italy we go, to meet the Renaissance artist, Michelangelo...
	He painted the ceiling of the Sistine chapel with a talent so rare Visitors still marvel at the artwork beyond compare.
	And his sculpture of David is one of the most famous of all It's made of marble, and 17 foot tall!

 <small>©storymessage.co.uk</small>	<p>Let's step back in time to Europe around 500 years ago</p>
 <small>©storymessage.co.uk</small>	<p>Go famous places and meet famous faces That you might know.</p>
 <small>©storymessage.co.uk</small>	<p>And now we are in Stratford-upon-Avon. But why are we here? It's the birthplace of William Shakespeare!</p>
 <small>©storymessage.co.uk</small>	<p>He was a poet and playwright, still of great renown Who staged his plays at The Globe in London town.</p>
 <small>©storymessage.co.uk</small>	<p>He wrote 37 plays full of passion, power and regret King Lear, Hamlet and of course, Romeo and Juliet.</p>
 <small>©storymessage.co.uk</small>	<p>We have stepped back in time to Europe around 500 years ago</p>
 <small>©storymessage.co.uk</small>	<p>We've been to famous places and met three famous faces That you now know.</p>










**What's your Favourite Weather?**  
 Written for the Story Massage Programme  
[www.storymassage.co.uk](http://www.storymassage.co.uk)




	<p>What's the weather today? Let's look out of the window.</p>
	<p>The round, yellow sun is shining in the blue sky. We feel warm.</p>
	<p>But soon black clouds appear, and the sky goes dark.</p>
	<p>Now it is raining. Can you hear the pitter-patter of raindrops falling on the window?</p>
	<p>What can you see now? There's a colourful rainbow! Red, Orange, Yellow, Green, Blue, Indigo, Violet.</p>
	<p>Now look at the trees. They are shaking in the wind. All the leaves are falling to the ground. And the wind blows harder and harder and harder.</p>
	<p>What's that noise? Can you hear the thunder? Boom, boom, boom.</p>
	<p>Let's look out for the zigzag of lightening in the sky.</p>
	<p>Brrr.... do you think it feels cold now? We're starting to shiver...</p>
	<p>Snow falls gently from the sky... so white and beautiful.</p>
	<p>What's your favourite kind of weather?</p>

## Animal Habitats

Written by Mary Atkinson for the Story Massage Programme

[www.storymassage.co.uk](http://www.storymassage.co.uk)















	Jamie was feeling bored at home. He wanted to live somewhere else. So, he visited his animal friends in their homes.
	Rabbit lived in a hole underground called a burrow. Rabbit had to dig it with his own paws.
	Jamie didn't want to live there.
	Camel lived in the dessert where it was very, very hot. Camel went to sleep standing up.
	Jamie didn't want to live there.
	Polar Bear lived in the Artic where it was very, very cold. Polar Bear had to wear a coat of very thick fur to stay warm.
	Jamie didn't want to live there.
	Frog lived near a pond to keep his skin wet. Frog ate insects like flies and moths.
	Jamie didn't want to live there.

 ©storymessage.co.uk	Koala lived at the top of a Eucalyptus tree in a forest. Koala's favourite food was leaves from the tree. She ate lots and lots of leaves.
 ©storymessage.co.uk	Jamie didn't want to live there.
 ©storymessage.co.uk	'I like my home best' said Jamie. "I don't want to live anywhere else."

## Making a Pizza

Written by Verna Adderley for the Story Massage Programme

[www.storymassage.co.uk](http://www.storymassage.co.uk)

	Pizza, pizza, delicious pizza.
	First, we knead the dough to make it soft and squidgy.
	Next, we roll out the pizza dough.
	Now, we spread on some tomato sauce. But what shall we put on our pizza today?
	Let's sprinkle on some grated cheese.
	Then we can add some red pepper slices.
	Onions, mushrooms and sweetcorn taste good too.
	And maybe some pepperoni or ham?
	Open the oven door and slide our pizza in.
	Waiting, waiting for our pizza to cook.
	Oh, hurry up pizza! We are very hungry.
	Open the oven door. Mmm.. it smells good. Slide our pizza out and ...
	Yes! Our pizza is ready to eat.
	Let's sit down and have a pizza party!



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