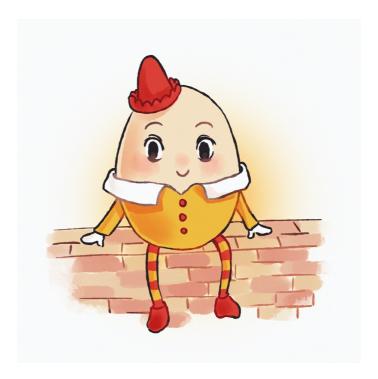
# 34 Favourite Nursery Rhymes from the Story Massage Programme

For more information about the Story Massage Programme online training and resources visit <a href="https://www.storymassage.co.uk">www.storymassage.co.uk</a>

We hope you enjoy sharing these nursery rhymes adapted using the Story Massage strokes. 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.



Please do not share this booklet on public social media as we are working hard to protect the integrity of the programme. The booklet is a gesture of support for those who know the Story Massage strokes through our training.

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#### Jack and Jill

## Adapted for the Story Massage Programme

	Jack and Jill went up the hill
	To fetch a pail of water.
©storymassage.co.ut	
>	Jack fell down and broke his crown.
©storymassage.co.ut	
©stormassage.co.3**	And Jill came tumbling after.
	Up Jack got and home did trot
	As fast as he could caper.
©storymassage.co.ut	
®storymassage.co.ys*	He went to bed to mend his head
© story massage coust	With vinegar and brown paper.

## **Hickory Dickory Dock**

## Adapted for the Story Massage Programme

Estormassage.co.ut	Hickory Dickory Dock.
estormassage.co.ut	The mouse ran up the clock.
©stormassage.co.ut	The clock struck one.
Sylonymassage.co.st*	The mouse ran down.
©storymassage.co.u*	Hickory Dickory Dock.

#### **Head, Shoulders, Knees and Toes**

## Adapted for the Story Massage Programme (Try as a self-massage)

<b>%</b>	Head,
**************************************	shoulders,
	knees and toes, knees and toes.
Salar Off	Head,
On On Marcal Color	shoulders
Catorymassage Co. 18	knees and toes, knees and toes.
Charmonage of the	And eyes and ears and a mouth
commission of	and a nose.
Cotormassage cost*	Head,
Commessage co 3	shoulders,
c <sub>Montenassage</sub> co y	knees and toes, knees and toes.

## Row, Row Your Boat

## Adapted for the Story Massage Programme

	Row, row, row your boat
	•
	Gently down the stream.
estory massage.co.ut	
Catormossage cost	Merrily, merrily, merrily.
Stormossage Co St	Life is but a dream.
	Dave wave wave was back
	Row, row, row your boat
estorymassage.co.st	Gently up the creek.
0 0	If you see a little mouse
cstorymassage.co.xh	Don't forget to squeak!
	Row, row, row your boat
eatorymassage.co.ut*	Gently down the stream.
	If you see a crocodile
3)	Don't forget to scream!
© Story massage.co. u*	
	Row, row, row your boat
estorymassage.co.st	Gently to the shore.
	If you see a lion
cstorymassage.co.st	Don't forget to roar!

#### The Wheels on the Bus

	The wheels on the bus so round and round
	The wheels on the bus go round and round.
	Round and round,
Wassage .co. W	Round and round
	The wheels on the bus go round and round
estorymassage.co.ut	
	All day long.
estorymassage.co.ut	
	The wipers on the bus go swish, swish, swish,
	Swish, swish
estorymanage, co.ist	Swish, swish
- Massayo	The wipers on the bus go swish, swish, swish
	, , ,
.st	
Torymassage co.	All day long
	All day long.
estorymassage.co.3*	
	The horn on the bus goes beep, beep
	Beep, beep,
estorymassage.co.34	Beep, beep
	The horn on the bus goes beep, beep,
estorymassage.co.34	
	All day long.
estorymassage.co.3*	
	The doors on the bus go open and closed
	Open and closed
<sup>©</sup> sto <sub>rymassage.co.</sub> J <sup>*</sup>	Open and closed
4	The doors on the bus go open and closed
Estorymassage.co.3*	
	All day long.
estorymassage.co.3*	

#### 1, 2, 3, 4, 5 Once I Caught a Fish Alive

	1, 2, 3, 4, 5
Thousand to the	Once I caught a fish alive.
Catarma control	6, 7, 8, 9, 10
Charmanage contr	Then I let it go again.
State of the state	Why did you let it go?
Catormas and calif	Because it bit my finger so.
Calonymassage cost	Which finger did it bite?
Cathy Monage Code	This little finger on the right.
Character of the	1, 2, 3, 4, 5
Commence of	Once I caught a crab alive (repeat words and strokes).
Charmacase Co. II	1, 2, 3, 4, 5
S. Calormassage of the	Once I caught an eel alive(repeat words and strokes)

## Baa, Baa Black Sheep

estormassage.co.ut	Baa, baa black sheep
estorymassage.co.ust	Have you any wool?
©stormassage.co.3*	Yes sir, yes sir!
estorymassage.co.yt	Three bags full.
estormassage.co.ut	One for the master,
estorymassage.co.ut	And one for the dame.
estorymassage.co <sup>st</sup>	And one for the little boy who lives down the lane.

## Daddy Finger, Daddy Finger

	Daddy finger, daddy finger, where are you?
Superior St.	Here I am, here I am, how do you do?
Catonia Continua	Mummy finger, mummy finger, where are you?
© story massage co. st	Here I am, here I am, how do you do?
**************************************	Brother finger, brother finger, where are you?
Solory Massage Co. N.	Here I am, here I am, how do you do?
Catormassage co. N.	Sister finger, sister finger, where are you?
Ontormassage do 3th	Here I am, here I am, how do you do?
cutormassage co.3*	Baby finger, baby finger, where are you?
Catorymassage.co.	Here I am, here I am, how do you do?

#### Down in the Jungle

**	Down in the jungle where nobody goes.
estorymassage.co.sh	
estormassage.co.3th	There's a great big gorilla washing his clothes.
<b>9</b>	With a rub-a-dub here
estormassage cost	And a rub-a-dub there.
	That's the way he washes his clothes.
©storymassage.co.5*	
	Repeat with:
$\sim$	Slithery snake
©storymassage.co.y*	
Catorymassage Co <sup>st</sup>	Great big crocodile
Catory massage co. St.	Little baby Monkey
estormassage cout	Great big elephant

#### **Five Currant Buns**

	Five currant buns in a baker's shop
©diorymacana, 50 N	Big and round with a cherry on top.
	Along came a boy with a penny one day.
Catormanage of the	Bought a currant bun and took it away.
	Four currant buns in a baker's shop
Off Off Marian Co. 18th	Big and round with a cherry on top.
Catorina Co. No.	Along came a boy with a penny one day.
S Cator of	Bought a currant bun and took it away.
massage	Continue verses until
	One currant bun in a baker's shop
estorymassage co. oth	Big and round with a cherry on top.
CHOT MASSAGE COST	Along came a boy with a penny one day.
***	Bought a currant bun and took it away.
"Orymassage.co."	

#### Five Little Men in a Flying Saucer

## Adapted for the Story Massage Programme

estormassage cost	Five little men in a flying saucer.
Catarmassage co 3**	Flew around the world one day.
estormassage cost	They looked left
estormassage co.ot	and right
estormassage cost	But they didn't like the sight.
estormassage cost	So, one man flew away.
estormassage cost	Whoosh!
Catorymassage co.id+	Four little men in a flying saucer (repeat as a above)
Colormassage co. of	Then there were no little men in a flyer saucer.

#### **Five Little Monkeys**

## Adapted for the Story Massage Programme

Co. St.	Five little monkeys jumping on the bed,
- tormassage cost	One fell off and bumped his head.
Trassage of the contract of th	Mother called the doctor and the doctor said,
Cetarmassage Co St	"No more monkeys jumping on the bed!'.
CHOTO CONTRACTOR OF THE CONTRA	Four little monkeys jumping on the bed,
egormanas sost	One fell off and bumped his head.
Glormassoc. 50 th	Mother called the doctor and the doctor said,
Stormassas 10 St	"No more monkeys jumping on the bed!'.
	Continue verses until
Caterymacade co.3*	One little monkey jumping on the bed,
Catar massage of the	One fell off and bumped his head.
On the mosses court	Mother called the doctor and the doctor said,
esterymossage.co.ph	"No more monkeys jumping on the bed!'.

## **Five Little Speckled Frogs**

V	Five little speckled frogs
W W	Sat on a speckled log
Thomas of	Eating the most delicious bugs
1	One jumped into the pool where it was nice and cool
	Then there were four green speckled frogs
Y	Four little speckled frogs
20 V/L	Sat on a speckled log
	Eating the most delicious bugs.
1	One jumped into the pool where it was nice and cool
Catermana Cat	Then there were three green speckled frogs
	Add verses until last verse
Starmouge Cart	One little speckled frog
On the state of th	Sat on a speckled log
On any control of	Eating the most delicious bugs
A Comment	He jumped into the pool where it was nice and cool
Colomosop C. B.	Then there were no green speckled frogs

#### The Grand Old Duke of York

	Oh, the Grand Old Duke of York
estorymassage.co.ut	
	He had ten thousand men.
©6. N+	
*torymassage.co.	He marched them up to the top of the hill
	He marched them up to the top of the filli
**Orymassage.co.**	And he marched them down again.
- N-	
estorymassage.co.ut	And when they were up, they were up.
	And when they were up, they were up.
©storymassage.co.vt	
	And when they were down, they were down.
®storymassage.co.vit	
	And when they were only halfway up, they were neither
	up nor down.
estorymassage.co.ut	

## Hey, Diddle, Diddle

## Adapted for the Story Massage Programme

	Hey, diddle, diddle
*	
Storymassage.co. 34	
©storymassage.co.\J*	The cat and the fiddle.
©storymassage.co.st*	The cow jumped over the moon.
© Storymassage.co.uk	The little dog laughed to see such fun.
©storymassage.co.xx*	And the dish ran away with the spoon.

## **Horsey Horsey**

## Adapted for the Story Massage Programme

Caterrassage 20 3*	Horsey, Horsey don't you stop
Esterrassage Co. St.	Just let your feet go clippety-clop.
Coton mass and so site	Your tail goes swish and the wheels go round.
Estormassage cost	Giddy-up, we're homeward bound.
Colormassage to de	We're not in a hurry. We're not in a flurry. And we don't have a heavy load.
Estarmassage co st	Horsey, Horsey, don't you stop.
© storymassage co. N.	Just let your feet go clippety-clop.
estorymassage.co.yth	Your tail goes swish and the wheels go round.
Estormassage co. 3*	Giddy-up, we're homeward bound.

## **Humpty Dumpty**

## Adapted for the Story Massage Programme

©storymassage.co.ut	Humpty Dumpty sat on a wall.
©atorymassage.co.id*	Humpty Dumpty had a great fall.
®storymassage.co.ist	All the King's horses,
estorymassage.co.st*	And all the King's men.
Estormassage.co.ut	Couldn't put Humpty together again.

#### I Have a Little Snail

#### Adapted for the Story Massage Programme

www.storymassage.co.uk

	I have a little snail
®storymassage.co.ut	
	His name is Tiny Tim
estormassage.co.ut	
N14	I put him in the bathtub
	To see if he could swim.
$\mathbf{M}$	To see if the could swiff.
estory massage co. 3th	
	He drank up all the water
©storymassage.co.vt	
**	And gobbled up the soap
©storymassage.co.vt	
A 4	And when he tried to talk
3	
®storymassage.co.ut	
	He had a bubble in his throat!
®storymassage.co.ut	

Adapted from the poem; 'I Have a Little Frog' (The Bounce).

## I'm a Little Teapot

## Adapted for the Story Massage Programme

©stormassage.co.st*	I'm a little teapot, short and stout.
estonmassage.co.	Here's my handle.
©storymassage.co.\d*	Here's my spout.
©storymassage.co.vt	When I see a teacup hear my shout.
©storymassage.co.3*	Tip me up and pour me out.

## **Incy Wincy Spider**

## Adapted for the Story Massage Programme

• •	Incy Wincy Spider
	Climbed up the waterspout.
©storymassage.co.ut	
4 4	Down came the rain
	And washed the spider out.
©storymassage.co.ut	
	Out came the sunshine
	And dried up all the rain.
Ostorymassage.co.ut	
• •	So Incy Wincy Spider
	Climbed up the spout again.
©storymassage.co.ut	

## Johny Johny

Estorymassage co 3*	Johny, Johny
©storymassage co <sup>3t</sup>	Yes, Papa?
Storymassage co st	Eating sugar?
erorymassage cost	No, Papa?
© FOY MAKE AGE, CO ST	Telling lies?
Ostorymassage coult	No, papa!
etormassage cont	Open your mouth
Colonwassage.co.3*	Ha, ha, ha!

#### **Little Peter Rabbit**

## Adapted for the Story Massage Programme by Hollie Parsons

	,
	Little Peter Rabbit has a fly upon his nose
	Little Peter Rabbit has a fly upon his nose
© Store	Little Peter Rabbit has a fly upon his nose
Wmassage.Co	
	And he flipped it and he flapped it and the fly flew away.
°54	
"Orymassage.co."	
	Powder puffs and curly whiskers
	Powder puffs and curly whiskers
	Powder puffs and curly whiskers
Ostorymassage.co.it	Towaci paris and early winskers
	Little Peter Rabbit has a fly upon his paw
	Little Peter Rabbit has a fly upon his paw
	Little Peter Rabbit has a fly upon his paw
	Little Feter Habbit Hab a Hy apon His pan
Storymassage.co.ut	
	And he flipped it and he flapped it and the fly flew away.
©story massage co. 34	
	Powder puffs and curly whiskers
	Powder puffs and curly whiskers
	Powder puffs and curly whiskers
Torymassage.co.	,
	And he flipped it and he flapped it and the fly flew away.
Ostorymassage.co.3*	

## Mary Had a Little Lamb

	Mary had a little lamb,
	It's fleece was white as snow.
estorymassage.co.ult	
	And everywhere that Mary went
	The lamb was sure to go.
estorymassage.co.34	
	He followed her to school one day
	Which was against the rule.
estorymassage.co., **	
• •	It made the children laugh and play,
	To see a lamb at school.
estorymassage.co.st	
	And so, the teacher turned him out,
©storymassage.co.y*	
	But still he lingered near;
3	And waited patiently about
®stormassage.co.ut	
	'Till Mary did appear.
Ostorymassage.co. V*	
	"What makes the lamb love Mary so?"
	The eager children cry."
©c. ¥	
storymassage.co.ut	"Why Mary loves the lamb, you know,"
Nul.	The teacher did reply.
3	The teacher did reply.
estorymassage.co.vt	

## Miss Polly had a Dolly

**	Miss Polly had a dolly who was sick, sick, sick
storymassage.co.ut	
estormassage cost+	So, she phoned for the doctor to come quick, quick, quick.
Catorymassage 50 Not	The doctor came with his bag and his hat,
estorymassage.co.3*	And he knocked on the door with a rat-a-tat-tat.
estorymassage coult	He looked at the dolly and he shook his head.
estorymassage.co.W	And said, "Miss Polly, put her straight to bed!"
estorymassage cost	He wrote on a paper for a pill, pill, pill.
estorymassage cost	"I'll be back in the morning with my bill, bill, bill."

## **Old King Cole**

	Old King Cole
	Was a merry old soul
	And a merry old soul was he.
©storymassage.co.ut	
	He called for his pipe
*	And he called for his bowl
©storymassage.co.ut	
	And he called for his fiddlers three.
©storymassage.co.ut	
	Every fiddler, he had a fiddle
	And a very fine fiddle had he.
Ostorymassage.co.ut	
	Oh, there's none so rare
	As can compare
Ostorymassage.co. N*	
	With King Cole and his fiddlers three.
©storymassage.co.ut	

## One, Two Buckle My Shoe

## Adapted for the Story Massage Programme

Catormacon co 3*	One, two
Catorymanns of the	Buckle my shoe.
Catormassac.co.	Three, four
Catorymassage co. 3th	Knock at the door.
Catorymassage co 3*	Five, six
Catormassae co 3th	Pick up sticks.
Catorymassage 50 3*	Seven, eight.
Catorymassage Co. N.	Lay them straight.
Catorymassage.co.st	Nine, ten
Catorymassage co 3*	Let's say it again.

#### **Round and Round the Garden**

	Round and round the garden
® storymassage.co. vit	Like a teddy bear.
©storymassage.co.ist	One step, two steps
estorymassage.co.ust	Tickle under there!
	Round and round the haystack
©storymassage.co.ust	Went the little mouse.
©storymassage.co.ust	One step, two steps
	In his little house.
®storymassage.co.st	

#### A Sailor Went to Sea, Sea, Sea

Calconomical Co. St.	A sailor went to sea, sea, sea
Citormassage Co St	To see what he could see, see, see.
<b>3 4</b>	But all that he could see, see, see
Company of the Compan	Was the bottom of the deep blue sea, sea, sea.
Catalogue Co. B.	A sailor went to sea, sea
Company	To see what he could see, see, see.
Starman Co. N	But all that he could see, see, see
Colormossage 10 P	Was seaweed in the deep blue sea, sea, sea.
	Add other ideas – whale, squid, crab etc then
Catormasson to 3th	A sailor went to sea, sea, sea
enarmacade of	To see what he could see, see, see.
©Haymassage.co.W	But all that he could see, see, see
Cathymassage do at	Was a great big shark in deep blue sea, sea, sea.
	So he sailed back home very quickly!

## **Sleeping Bunnies**

***	See the little bunnies sleeping til it's nearly noon.
**Massage.co.**	Shall we wake them with a merry tune?
catorymassage co of	They're so still, are they ill?
Catormaconti Co. N.	Wake up soon, it's early noon.
Cararymassage co.35*	Wake up little bunnies!
Carormassac co.st	Hop little bunnies, hop, hop.
© Hormassage Co. St.	Hop little bunnies, hop, hop.
Ostormassage co 3*	Hop little bunnies, hop, hop.
Cstormassage co ust	Hop little bunnies, hop, hop.

#### **Two Little Dickie Birds**

Catory massage co N	Two little dickie birds
estorymassage co 3*	Sitting on a wall.
estorymassage cost*	One named Peter, One named Paul.
Catormassage Co de	Fly away Peter!
catormassage co 3th	Fly away Paul!
Catorymassage co. M*	Come back Peter!
Catorymassage co 3th	Come back Paul!

#### Twinkle, Twinkle Little Star

© <sub>Norymassage.co.3</sub> t	Twinkle, Twinkle Little Star
©storymassage.co.18*	How I wonder what you are
estormassage.co.vt	Up above the world so high
e <sub>storymassage</sub> co <sup>ste</sup>	Like a diamond in the sky.
©stonymassage.co.3*	Twinkle, Twinkle Little Star
©storymassage.co.vi*	How I wonder what you are.

#### When I Was One – Pirate Song

<b></b> ✓	When I was ONE, I sucked my thumb. The day I went to sea.
equipmesage co	I jumped aboard a pirate ship, and the Captain said to me:
20	We're going this way, that way, forwards and backwards.
College College	With a bottle of rum to fill my tum, and that's the life for me!
<b>♦</b>	When I was TWO, I buckled my shoe. The day I went to sea.
Catormassation it	I jumped aboard a pirate ship, and the Captain said to me:
2000	We're going this way, that way, forwards and backwards.
C	With a bottle of rum to fill my tum, and that's the life for me!
No.	When I was THREE, I bashed my knee. The day I went to sea.
Calamasson of	When I was FOUR, I knocked on the door. The day I went to sea.
Calman Cart	When I was FIVE, I learnt to dive. The day I went to sea.

## Wind the Bobbin Up

	Wind the bobbin up
	Wind the bobbin up.
Cstore Court	·
/massage-0	Pull, pull. Clap, clap.
©storymassage.co.it	
	Wind it back again
	Wind it back again
estorymassage co.ut	
	Pull, pull. Clap, clap
©storymassage.co.vt	
massage:	Point to the ceiling.
eston cost	
ymassage	Point to the floor.
Co. No	
Torymassage.co. S.	Point to the window.
	rome to the window.
\$ **	
*Corymassage.co.s.	Point to the door.
	Tome to the door.
estorymassage co.st*	Clap your hands together – 1,2,3.
2	clap your manas together 1,2,3.
Cap. It	
*Corymassage.co	Put your hands down on your knees.
31/4	Tac your manas down on your knees.
estory as a co. wh	
ymassage.co	

#### Old McDonald Had a Farm

	Old McDonald Had a Farm
	E-I-E-I-O
	L-1-L-1-O
©storymassage.co.uk	
	And on that farm he had a
*storymassage.co.ut*	Laurele
	Lamb
	E-I-E-I-O
estormassage.co.ut	With a baa baa here
	And a baa baa there
	Here a baa, there a baa
	Everywhere a baa baa
	Old McDonald Had a Farm
	E-I-E-I-O
©storymassage cout	
assay*	
	Old McDonald Had a Farm
	E-I-E-I-O
©#10 3 <sup>th</sup>	
" Massage.co"	And on that farm he had a
WW.	The on that farm he had a
Storymassage.co.Jt	
	Cow
	E-I-E-I-O
©0, 34	With a moo moo here
estory massage.co. 34	And a moo moo there
	Here a moo, there a moo
	Everywhere a moo moo
	Old McDonald Had a Farm
	E-I-E-I-O
©stormassage.co.st	

	T
	IDEAS FOR OTHER ANIMALS
Cstorymassage.co.yh	Pig – Oink, Oink
Cstormassage co.ist	Chicken – Cluck, Cluck
estormassage cost	Cat – Meow, Meow
Catory massage CONT	Dog – Woof, Woof
©storymassage.co.sh	Horse – Neigh, Neigh
enormassage do 3th	Duck – Quack, Quack
Catorymassage so st	Mouse – Squeak, Squeak