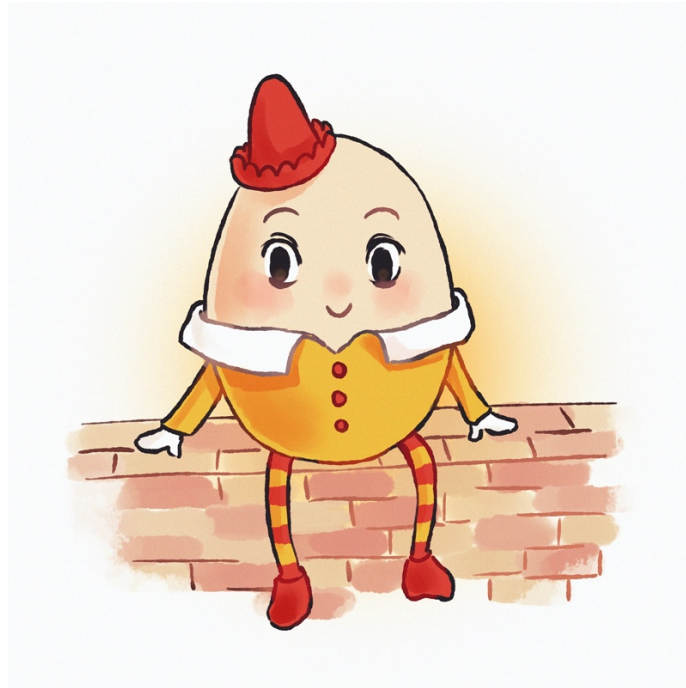


34 Favourite Nursery Rhymes from the Story Massage Programme

For more information about the Story Massage Programme
online training and resources visit www.storymassage.co.uk

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












www.storymassage.co.uk

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










Hickory Dickory Dock
Adapted for the Story Massage Programme
www.storymassage.co.uk

	Hickory Dickory Dock.
	The mouse ran up the clock.
	The clock struck one.
	The mouse ran down.
	Hickory Dickory Dock.













Head, Shoulders, Knees and Toes
 Adapted for the Story Massage Programme
 (Try as a self-massage)
www.storymassage.co.uk

 <small>©storymassage.co.uk</small>	Head,
 <small>©storymassage.co.uk</small>	shoulders,
 <small>©storymassage.co.uk</small>	knees and toes, knees and toes.
 <small>©storymassage.co.uk</small>	Head,
 <small>©storymassage.co.uk</small>	shoulders
 <small>©storymassage.co.uk</small>	knees and toes, knees and toes.
 <small>©storymassage.co.uk</small>	And eyes and ears and a mouth
 <small>©storymassage.co.uk</small>	and a nose.
 <small>©storymassage.co.uk</small>	Head,
 <small>©storymassage.co.uk</small>	shoulders,
 <small>©storymassage.co.uk</small>	knees and toes, knees and toes.













Row, Row Your Boat
 Adapted for the Story Massage Programme
www.storymassage.co.uk

	<p>Row, row, row your boat Gently down the stream.</p>
	<p>Merrily, merrily, merrily, merrily.</p>
	<p>Life is but a dream.</p>
	<p>Row, row, row your boat Gently up the creek.</p>
	<p>If you see a little mouse Don't forget to squeak!</p>
	<p>Row, row, row your boat Gently down the stream.</p>
	<p>If you see a crocodile Don't forget to scream!</p>
	<p>Row, row, row your boat Gently to the shore.</p>
	<p>If you see a lion Don't forget to roar!</p>








The Wheels on the Bus
 Adapted for the Story Massage Programme
www.storymassage.co.uk

	<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>

1, 2, 3, 4, 5 Once I Caught a Fish Alive
 Adapted for the Story Massage Programme
www.storymassage.co.uk

	1, 2, 3, 4, 5
	Once I caught a fish alive.
	6, 7, 8, 9, 10
	Then I let it go again.
	Why did you let it go?
	Because it bit my finger so.
	Which finger did it bite?
	This little finger on the right.
	1, 2, 3, 4, 5
	Once I caught a crab alive... (repeat words and strokes).
	1, 2, 3, 4, 5
	Once I caught an eel alive ...(repeat words and strokes)









Baa, Baa Black Sheep
 Adapted for the Story Massage Programme
www.storymassage.co.uk

 <p>©storymassage.co.uk</p>	Baa, baa black sheep
 <p>©storymassage.co.uk</p>	Have you any wool?
 <p>©storymassage.co.uk</p>	Yes sir, yes sir!
 <p>©storymassage.co.uk</p>	Three bags full.
 <p>©storymassage.co.uk</p>	One for the master,
 <p>©storymassage.co.uk</p>	And one for the dame.
 <p>©storymassage.co.uk</p>	And one for the little boy who lives down the lane.

Daddy Finger, Daddy Finger
 Adapted for the Story Massage Programme
www.storymassage.co.uk

 <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?










Down in the Jungle
Adapted for the Story Massage Programme
www.storymassage.co.uk

 <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>	Slithery snake
 <p>©storymassage.co.uk</p>	Great big crocodile
 <p>©storymassage.co.uk</p>	Little baby Monkey
 <p>©storymassage.co.uk</p>	Great big elephant










Five Currant Buns

Adapted for the Story Massage Programme













www.storymassage.co.uk

	Five currant buns in a baker's shop Big and round with a cherry on top.
	Along came a boy with a penny one day.
	Bought a currant bun and took it away.
	Four currant buns in a baker's shop Big and round with a cherry on top.
	Along came a boy with a penny one day.
	Bought a currant bun and took it away.
	<i>Continue verses until...</i>
	One currant bun in a baker's shop Big and round with a cherry on top.
	Along came a boy with a penny one day.
	Bought a currant bun and took it away.

Five Little Men in a Flying Saucer
 Adapted for the Story Massage Programme
www.storymassage.co.uk

 <small>©storymassage.co.uk</small>	Five little men in a flying saucer.
 <small>©storymassage.co.uk</small>	Flew around the world one day.
 <small>©storymassage.co.uk</small>	They looked left
 <small>©storymassage.co.uk</small>	and right
 <small>©storymassage.co.uk</small>	But they didn't like the sight.
 <small>©storymassage.co.uk</small>	So, one man flew away.
 <small>©storymassage.co.uk</small>	Whoosh!
 <small>©storymassage.co.uk</small>	Four little men in a flying saucer ... <i>(repeat as a above)</i>
 <small>©storymassage.co.uk</small>	Then there were no little men in a flyer saucer.
















Five Little Monkeys
Adapted for the Story Massage Programme
www.storymassage.co.uk

	Five little monkeys jumping on the bed,
	One fell off and bumped his head.
	Mother called the doctor and the doctor said,
	"No more monkeys jumping on the bed!".
	Four little monkeys jumping on the bed,
	One fell off and bumped his head.
	Mother called the doctor and the doctor said,
	"No more monkeys jumping on the bed!".
	<i>Continue verses until...</i>
	One little monkey jumping on the bed,
	One fell off and bumped his head.
	Mother called the doctor and the doctor said,
	"No more monkeys jumping on the bed!".






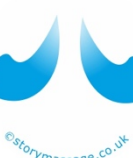

Five Little Speckled Frogs

Adapted for the Story Massage Programme






www.storymassage.co.uk

	Five little speckled frogs
	Sat on a speckled log
	Eating the most delicious bugs
	One jumped into the pool where it was nice and cool
	Then there were four green speckled frogs
	Four little speckled frogs
	Sat on a speckled log
	Eating the most delicious bugs.
	One jumped into the pool where it was nice and cool
	Then there were three green speckled frogs
	<i>Add verses until last verse...</i>
	One little speckled frog
	Sat on a speckled log
	Eating the most delicious bugs
	He jumped into the pool where it was nice and cool
	Then there were no green speckled frogs










The Grand Old Duke of York
 Adapted for the Story Massage Programme
www.storymassage.co.uk

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






Hey, Diddle, Diddle
Adapted for the Story Massage Programme
www.storymassage.co.uk

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









Horsey Horsey
 Adapted for the Story Massage Programme
www.storymassage.co.uk

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

Humpty Dumpty
Adapted for the Story Massage Programme
www.storymassage.co.uk






 ©storymassage.co.uk	Humpty Dumpty sat on a wall.
 ©storymassage.co.uk	Humpty Dumpty had a great fall.
 ©storymassage.co.uk	All the King's horses,
 ©storymassage.co.uk	And all the King's men.
 ©storymassage.co.uk	Couldn't put Humpty together again.

I Have a Little Snail
 Adapted for the Story Massage Programme
www.storymassage.co.uk





 <p>©storymassage.co.uk</p>	I have a little snail
 <p>©storymassage.co.uk</p>	His name is Tiny Tim
 <p>©storymassage.co.uk</p>	I put him in the bathtub
 <p>©storymassage.co.uk</p>	To see if he could swim.
 <p>©storymassage.co.uk</p>	He drank up all the water
 <p>©storymassage.co.uk</p>	And gobbled up the soap
 <p>©storymassage.co.uk</p>	And when he tried to talk
 <p>©storymassage.co.uk</p>	He had a bubble in his throat!

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

I'm a Little Teapot
Adapted for the Story Massage Programme
www.storymassage.co.uk

	I'm a little teapot, short and stout.
	Here's my handle.
	Here's my spout.
	When I see a teacup hear my shout.
	Tip me up and pour me out.









Incy Wincy Spider
Adapted for the Story Massage Programme
www.storymassage.co.uk

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

Johny Johny

Adapted for the Story Massage Programme

www.storymassage.co.uk

	Johny, Johny
	Yes, Papa?
	Eating sugar?
	No, Papa?
	Telling lies?
	No, papa!
	Open your mouth
	Ha, ha, ha!

Little Peter Rabbit

Adapted for the Story Massage Programme

by Hollie Parsons

www.storymassage.co.uk

	Little Peter Rabbit has a fly upon his nose Little Peter Rabbit has a fly upon his nose Little Peter Rabbit has a fly upon his nose
	And he flipped it and he flapped it and the fly flew away.
	Powder puffs and curly whiskers Powder puffs and curly whiskers Powder puffs and curly whiskers
	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
	And he flipped it and he flapped it and the fly flew away.
	Powder puffs and curly whiskers Powder puffs and curly whiskers Powder puffs and curly whiskers
	And he flipped it and he flapped it and the fly flew away.






Mary Had a Little Lamb

Adapted for the Story Massage Programme

www.storymassage.co.uk

	Mary had a little lamb, It's fleece was white as snow.
	And everywhere that Mary went The lamb was sure to go.
	He followed her to school one day Which was against the rule.
	It made the children laugh and play, To see a lamb at school.
	And so, the teacher turned him out,
	But still he lingered near; And waited patiently about
	'Till Mary did appear.
	"What makes the lamb love Mary so?" The eager children cry."
	"Why Mary loves the lamb, you know," The teacher did reply.







Miss Polly had a Dolly
 Adapted for the Story Massage Programme
www.storymassage.co.uk

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











Old King Cole

Adapted for the Story Massage Programme







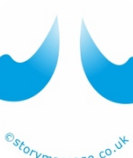
www.storymassage.co.uk

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













One, Two Buckle My Shoe
 Adapted for the Story Massage Programme
www.storymassage.co.uk

 <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.

Round and Round the Garden
 Adapted for the Story Massage Programme
www.storymassage.co.uk

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

A Sailor Went to Sea, Sea, Sea
 Adapted for the Story Massage Programme
www.storymassage.co.uk

	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>

Sleeping Bunnies

Adapted for the Story Massage Programme







www.storymassage.co.uk

 ©storymassage.co.uk	See the little bunnies sleeping til it's nearly noon.
 ©storymassage.co.uk	Shall we wake them with a merry tune?
 ©storymassage.co.uk	They're so still, are they ill?
 ©storymassage.co.uk	Wake up soon, it's early noon.
 ©storymassage.co.uk	Wake up little bunnies!
 ©storymassage.co.uk	Hop little bunnies, hop, hop, hop.
 ©storymassage.co.uk	Hop little bunnies, hop, hop, hop.
 ©storymassage.co.uk	Hop little bunnies, hop, hop, hop.
 ©storymassage.co.uk	Hop little bunnies, hop, hop, hop.

Two Little Dickie Birds
Adapted for the Story Massage Programme
www.storymassage.co.uk

 ©storymassage.co.uk	Two little dickie birds
 ©storymassage.co.uk	Sitting on a wall.
 ©storymassage.co.uk	One named Peter, One named Paul.
 ©storymassage.co.uk	Fly away Peter!
 ©storymassage.co.uk	Fly away Paul!
 ©storymassage.co.uk	Come back Peter!
 ©storymassage.co.uk	Come back Paul!











Twinkle, Twinkle Little Star
Adapted for the Story Massage Programme
www.storymassage.co.uk

	Twinkle, Twinkle Little Star
	How I wonder what you are
	Up above the world so high
	Like a diamond in the sky.
	Twinkle, Twinkle Little Star
	How I wonder what you are.

When I Was One – Pirate Song
 Adapted for the Story Massage Programme
www.storymassage.co.uk

	When I was ONE, I sucked my thumb. The day I went to sea.
	I jumped aboard a pirate ship, and the Captain said to me:
	We're going this way, that way, forwards and backwards.
	With a bottle of rum to fill my tum, and that's the life for me!
	When I was TWO, I buckled my shoe. The day I went to sea.
	I jumped aboard a pirate ship, and the Captain said to me:
	We're going this way, that way, forwards and backwards.
	With a bottle of rum to fill my tum, and that's the life for me!
	When I was THREE, I bashed my knee. The day I went to sea.
	When I was FOUR, I knocked on the door. The day I went to sea.
	When I was FIVE, I learnt to dive. The day I went to sea.









Wind the Bobbin Up
 Adapted for the Story Massage Programme
www.storymassage.co.uk








 <p>storymassage.co.uk</p>	<p>Wind the bobbin up Wind the bobbin up.</p>
 <p>storymassage.co.uk</p>	<p>Pull, pull. Clap, clap, clap.</p>
 <p>storymassage.co.uk</p>	<p>Wind it back again Wind it back again</p>
 <p>storymassage.co.uk</p>	<p>Pull, pull. Clap, clap, clap</p>
 <p>storymassage.co.uk</p>	<p>Point to the ceiling.</p>
 <p>storymassage.co.uk</p>	<p>Point to the floor.</p>
 <p>storymassage.co.uk</p>	<p>Point to the window.</p>
 <p>storymassage.co.uk</p>	<p>Point to the door.</p>
 <p>storymassage.co.uk</p>	<p>Clap your hands together – 1,2,3.</p>
 <p>storymassage.co.uk</p>	<p>Put your hands down on your knees.</p>

Old McDonald Had a Farm

Adapted for the Story Massage Programme

www.storymassage.co.uk

	Old McDonald Had a Farm E-I-E-I-O
	And on that farm he had a ...
	Lamb E-I-E-I-O 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
	Old McDonald Had a Farm E-I-E-I-O
	And on that farm he had a ...
	Cow E-I-E-I-O With a moo moo here 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

	IDEAS FOR OTHER ANIMALS
	Pig – Oink, Oink
	Chicken – Cluck, Cluck
	Cat – Meow, Meow
	Dog – Woof, Woof
	Horse – Neigh, Neigh
	Duck – Quack, Quack
	Mouse – Squeak, Squeak