

# Fox Bird River Sing!





## Story Massage Guide

The following is a Story Massage guide. Just with any storytelling, when you are familiar with the movement of the story you may fill it with your own phrases and nuances and perhaps different massage phrases to suit your understanding of the story and your child's enjoyment.

We hope you enjoy the experience.

## Fox

As the story starts with the feet, begin by holding your child's feet in your hands.

<b>Massage symbol for action</b> Repeat until next action	<b>Phrase that suggests the movement</b>
Remember to ask permission Rub the feet with a flat hand	As the sea laps upon your feet
	It is dawn and the birds are waking in the land
	Curl your fingers
	Slowly scan the horizon
	You see Fox sitting on a log



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The Wise Red Fox jumps over your head



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Landing on the ground



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### Song

On a journey we'll go  
To where the tall trees grow



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With our backs to the sun  
We'll become one



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Your tail is long and furry and you swish it all  
around. Swish, swish, swish










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Run! Run!

# Bee

	<p>A sweet smell in the air</p>
	<p>You see a burst of petals in the air</p>
	<p>Roll down a little hill, around and around</p>
	<p>..Until coming to a gentle stop</p>
	<p>Tall green stems of flowers</p>
	<p>Flower petals on your nose</p>

	<p>Jumping up high you try to see over the tall flowers</p>
	<p>A bumble bee comes buzzing by</p>
 	<p><b>Song</b></p> <p>On a journey we'll go To where the tall trees grow</p> <p>With our backs to the sun We'll become one</p>
	<p>Wow! What's happening? Everything starts to grow bigger and bigger</p>
	<p>Smaller and smaller</p>
	<p>Instead of 4 legs, you now have 1,2,3,4,5, 6 legs!</p>



You have wings!



Cross the meadow



Wings are getting tired










Rest inside a flower



Time to go Wise Bee says

# Bird

 <p>©storymassage.co.uk</p>	<p>Dodging the rain, you land on a bright yellow dandelion</p>
 <p>©storymassage.co.uk</p>	<p>The rain has stopped and the dandelion is opening up</p>
 <p>©storymassage.co.uk</p>	<p>It's Crane Bird</p>
 <p>©storymassage.co.uk</p>	<p>Are you comfortable there on the dandelion? You nod</p>
 <p>©storymassage.co.uk</p>	<p>A rainbow slowly emerges from the Crane Bag</p>
 <p>©storymassage.co.uk</p>  <p>©storymassage.co.uk</p>	<p><b>Song</b> On a journey we'll go To where the tall trees grow</p> <p>With our backs to the sun We'll become one</p>



You begin to grow into a crane



As you walk through the long grassy meadow



You take the bag and put it over your head..









You flap your wings and you soar..
















Over the mountains you fly,

# Hare



 <p>©storymassage.co.uk</p>	<p>You land tumbling over the hare..</p>
 <p>©storymassage.co.uk</p>	<p>...round and round like a tumbling ball</p>
 <p>©storymassage.co.uk</p>	<p>Are you on your way to the singling trees?</p>
 <p>©storymassage.co.uk</p>	<p>Hare says, 'Come with me'.</p>
 <p>©storymassage.co.uk</p>	<p>Its very dark. At first you don't see anything.</p>
 <p>©storymassage.co.uk</p>	<p>As you rub your eyes you begin to see a massive cave.</p>



	<p>Hello, hello</p>
	<p>The drips in the cave make a gentle chorus</p>
<p>Alternate between <i>The Sprinkle</i> and <i>The calm</i></p>  	<p>Your take a step, the monster takes a step. You take a quiet step, so does the monster!</p>
	<p>Buds of light appear, moving around our whole body</p>
 	<p><b>Song</b></p> <p>On a journey we'll go To where the tall trees grow</p> <p>With our backs to the sun We'll become one</p>
<p>Alternate between the Sprinkle and The Wave</p>  	<p>Dance!</p>

 <p>©storymassage.co.uk</p>	<p>As the music ends..</p>
 <p>©storymassage.co.uk</p>	<p>The song of the earth with the trees tuning up</p>
 <p>©storymassage.co.uk</p>	<p>Its time to go. You and Hare jump up</p>
 <p>©storymassage.co.uk</p>	<p>You bounce through the meadow</p>

# Salmon

 <p>©storymassage.co.uk</p>	<p>The salmon jump up, showing off their jumping skills</p>
 <p>©storymassage.co.uk</p>	<p>Why did the salmon cross the ocean</p>



You're going to the singing trees?



We could act like stepping stones.



You take one step on the back of the salmon









Take one more jump to catch the berry





The fan – one hand at a time



Following the sounds

# The Singing Trees

	<p>The wind is helping us jump higher and longer</p>
<p><i>The Fan and then the squeeze</i></p> 	<p>Let's say hello like a tree</p>
	<p>Your feet are again human feet</p>
	<p>You look around and see your animal friends</p>
	<p>Let's sit down to listen</p>
	<p>Breathe the music in</p>

	<p>You dance to the magical sounds of the trees</p>
	<p>You turn to the sun to go home</p>
	<p>You dance your way into the shining sun</p>
	<p>The End</p>

Remember to say thank you.