

## Sensory and Music Story: Big Days Out – The Zoo!

*This ‘Sensory and Music Story’ has been designed to be used either by a parent / carer and child at home, or as part of a Music Therapy session, led by a Music Therapist via Zoom.*

### Hints and tips:

- Gather all the props before you start. If you do not have everything exactly, don't worry – any improvisations are fine!
- Familiarise yourself with the story and what happens where. Think how you will use the props and songs to make the most impact and sense to the child you are working with.
- It is natural to feel self-conscious about singing, but there are no ‘X Factor’ style judgements being made about your voice! If you can sing with more confidence and volume then that will make more of an impact – it does not matter if you are out of tune (or think you are!).
- If you have other small instruments at home, you may want to use these with the child you are working with during the songs.
- Read the story slowly, repeating the part of the story that has just been read when feeling the relevant props. If the child is responsive to a certain part – or you know from previous experience that they will enjoy something – then stay longer with that prop or song.

### Props:

Big bag  
Rain coat / umbrella  
Leaves  
Any zoo animals!  
Water – spray or container to feel / splash  
Rainstick, drum  
Scarf / wafty material  
Furry fabric / soft toy to feel  
Chimes / bells  
Any other musical instruments

## The Story:

It was a lovely sunny day, so we decided to go to the zoo!

What will we need to take?

**Feel:** food for the animals, rain coat / umbrella in the bag

We all got in the van together and set off!

**Sing:** 'We're all going to the zoo today'

It was so exciting to get to the zoo... What is your favourite animal? I wonder if it is one we will see today!

First of all, we went to see the giraffes! The giraffes have got really loooooong necks. They love to eat leaves, so the zoo keeper let us feed the giraffes the leaves we had brought with us!

**Feel:** Feel / stretch neck, and reach up high with the leaves to feed to the giraffe!

Which animal will we find next? I could hear some heavy stamping... and some trumpeting! What do you think it is? It was the elephants, with their long trunks and their big flappy ears! I wonder if any of them are called Nellie?

**Sing:** Nellie the Elephant – and stamp along!

The elephants were spraying out water from their trunks – it went a long way, and we started to get wet!

**Feel:** Flick / spray some water!

We thought all the spray we could feel was from the elephants – but no! It had started to rain! We put our umbrellas up and rain coats on, and splashed through the growing puddles as fast as we could to the nearest indoor section!

**Feel:** Cover up with a raincoat or umbrella

**Play / listen:** Listen to recording of rain sounds, and play along with a rainstick or similar, with occasional claps of thunder on a drum, getting louder then quieter.

I wonder what is going to be inside here? We peeked in and... it was the Insect House! We had seen some of the biggest animals – and now here were some of the smallest! There were some tiny ladybirds, with their red and black wings, and fireflies, bees, ants and grasshoppers – which meant we could even see some zoo animals in the garden at home!

**Sing:** I have a little ladybird – scarf song

**Sing:** The Insect Song

Fortunately the rain stopped and we could carry on outside, visiting lots of the other animals, such as...

**Sing:** If you're a monkey and you know it

Near the way out was the 'Familiar Friends' where we could go and actually stroke some of the smaller animals! There was a friendly guinea pig who was fluffy and furry to pet!

**Feel:** Stroke some furry material / a fluffy soft toy

We went out through my favourite part – the shop! Soon it was time to get back in the van. When we got home, it was already dark and the stars were out, twinkling above us. Thank you for a fun day out!

**Sing:** 'Twinkle twinkle' – play chimes or bells

## Song Words

### **We're All Going to the Zoo Today**

We're all going to the zoo today,  
Zoo today, zoo today  
We're all going to the zoo today,  
We're going to stay all day

We're going to the zoo, zoo, zoo  
How about you, you, you  
You can come too, too, too  
We're going to the zoo, zoo, zoo

### **Nellie the Elephant**

Nellie the elephant packed her trunk and said goodbye to the circus  
Off she went with a trumpety trump  
Trump trump trump  
Nellie the elephant packed her trunk and trundled back to the jungle  
Off she went with a trumpety trump  
Trump trump trump

### **I have a little ladybird – scarf song**

I have a little ladybird (*swish scarves from side to side*)  
Ladybird, ladybird  
I have a little ladybird  
Her wings are black and red

See the little ladybird,  
Ladybird, ladybird  
See the little ladybird  
Flying here and there (*fly the scarves around*)

Now she's landing on the ground (*circle the scarves as if coming in to land*)  
On the ground, on the ground  
Now she's landing on the ground  
And crawling everywhere! (*'crawl' the scarves – tickling the child with them if appropriate*)

**The Insect Song** *(Tune: The Wheels on the Bus)*

The firefly at night goes blink, blink, blink  
Blink, blink, blink, blink, blink, blink,  
The firefly at night goes blink, blink, blink  
All night long!

The bees in the flower go buzz, buzz, buzz...

The ants in the grass go march, march, march...

The grasshoppers in the field go hop, hop, hop...

**If you're a monkey and you know it!** *(Tune: If you're happy and you know it)*

If you're a monkey and you know it, jump up and down (oo oo)  
If you're a monkey and you know it, jump up and down (oo oo)  
If you're a monkey and you know it, and you really want to show it,  
If you're a monkey and you know it, jump up and down (oo oo)

If you're a meerkat and you know it, look up and around (simples)...

If you're a lion and you know it, give a roar (ROAR!)...

If you're a penguin and you know it waddle and slide (weee!)...

**Twinkle Twinkle**

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

## Useful YouTube links:

Ladybird (ladybug!) scarf song

<https://www.youtube.com/watch?v=2XFiJCWsZYc>

Twinkle twinkle – Makaton (Mr Tumble)

[https://www.youtube.com/watch?v=wah6\\_\\_bc9bk](https://www.youtube.com/watch?v=wah6__bc9bk)

Relaxing jungle animal sounds

[https://www.youtube.com/watch?v=QE\\_jOCqKE3w](https://www.youtube.com/watch?v=QE_jOCqKE3w)

Relaxing rain and gentle thunder sounds

<https://www.youtube.com/watch?v=rLdpprJ3jeE>

Songs: public domain

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