

Sensory and Music Story: The Night Before Christmas!

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:

Christmas stocking

Blanket

Instruments or cutlery etc to make 'a clatter' !

Any reindeer antlers / reindeer soft toys you may have!

Bells

Dry leaves or paper

Fan

Santa hat

Some jelly / jelly cubes / a spoonful of jam that wobbles!

Small toys / presents to fill the stocking with

feathers or something very light for 'the down of a thistle'

The Story:

“Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that Saint Nicholas soon would be there;

Feel: Hang a stocking; and ‘shhhh!’ be really quiet – can you even hear a mouse?

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And Mama in her ‘kerchief, and I in my cap,
Had just settled our brains for a long winter’s nap;

Feel: Snuggle up under a blanket, ready to go to sleep
Sing: Let it Snow

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

Play: Play ‘a clatter’ – use instruments etc to make a loud noise and wake everyone up!

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When what to my wondering sight should appear
But a miniature sleigh, and eight tiny reindeer,

Sing: Rudolph The Red-nosed Reindeer
Feel: Put on reindeer antlers if you have them, or feel toy reindeer etc

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,

And he whistled, and shouted, and called them by name:

“Now, *Dasher!* now, *Dancer!* now, *Prancer!* and *Vixen!*
On, *Comet!* on *Cupid!*, on *Donner* and *Blitzen!*
To the top of the porch! To the top of the wall!
Now dash away! Dash away! Dash away all!”

Sing and play: Jingle Bells

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too.

Feel: Dry leaves or paper – make into a hurricane with a fan!

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof –
As I drew in my head and was turning around,
Down the chimney St. Nicholas came with a bound.

Sing: When Santa got stuck up the Chimney

He was dressed all in fur from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back,
And he looked like a peddler just opening his pack.

His eyes – how they sparkled! His dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow;

Feel: Wear a santa hat if you have one – and feel the different parts of your face as described.

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;

He had a broad face and a little round belly,
That shook when he laughed like a bowlful of jelly.

Feel: Some jelly / jelly cubes / a spoonful of jam that wobbles!
Laugh 'ho ho ho! and shake your belly

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head
Soon gave me to know I had nothing to dread.

Sing: Santa Claus is Coming to Town

He spoke not a word but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose.

Feel: Fill the Christmas stockings with presents!

He sprang to his sleigh
To his team gave a whistle
And away they all flew
Like the down of a thistle

Feel: Give a whistle! Feel feathers or something very light for 'the
down of a thistle'

But I heard him exclaim, he drove out of sight
Happy Christmas to all, and to all a goodnight!

Sing: We Wish You a Merry Christmas

Sing: Twinkle Twinkle Christmas Star

Song Words

Let it Snow

Oh, the weather outside is frightful
But the fire is so delightful
And since we've no place to go
Let it snow, let it snow, let it snow

Man it doesn't show signs of stoppin'
And I brought me some corn for poppin'
The lights are turned way down low
Let it snow, let it snow, let it snow

Songwriters: Jule Styne / Sammy Cahn

Let It Snow! Let It Snow! Let It Snow! lyrics © Warner Chappell Music, Inc, Concord Music Publishing LLC

Rudolph the Red-Nosed Reindeer

Rudolph the Red-Nosed Reindeer
Had a very shiny nose
And if you ever saw it
You would even say it glows
All of the other reindeer
Used to laugh and call him names
They never let poor Rudolph
Join in any reindeer games

Then one foggy Christmas Eve
Santa came to say
"Rudolph, with your nose so bright
Won't you guide my sleigh tonight?"

Then how the reindeer loved him
As they shouted out with glee
"Rudolph the Red-Nosed Reindeer
You'll go down in history"

Source: [LyricFind](#)

Songwriters: Johnny Marks

Rudolph, the Red-Nosed Reindeer lyrics © Warner Chappell Music, Inc, ST. Nicholas Music Inc.

Jingle Bells

Dashing through the snow
On a one horse open sleigh
O'er the fields we go,
Laughing all the way
Bells on bob tail ring,
making spirits bright
What fun it is to laugh and sing
A sleighing song tonight

Oh, jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh
Jingle bells, jingle bells
Jingle all the way
Oh, what fun it is to ride
In a one horse open sleigh

Songwriters: James Pierpont
Jingle Bells lyrics © Public Domain

When Santa Got Stuck up the Chimney

When Santa got stuck the chimney he began to shout
"You girls and boys won't get any toys
If you don't pull me out
My beard is black
There's soot in my sack
My nose is tickling too!"
When Santa got stuck up the chimney
A-choo, a-choo
A-choo!

Songwriters: Andy Green / Trad Trad
When Santa Got Stuck Up the Chimney lyrics © Kobalt Music Publishing Ltd.

Santa Claus is Coming to Town

You better watch out
You better not cry
You better not pout

I'm telling you why
Santa Claus is coming to town
He's making a list,
He's checking it twice,
He's gonna find out who's naughty or nice
Santa Claus is coming to town

He sees you when you're sleeping
And he knows when you're awake
He knows if you've been bad or good
So be good for goodness sake

You better watch out!
You better not cry
You better not pout, I'm telling you why
'Cause Santa Claus is coming to town

Songwriters: John Coots / Haven Gillespie

Santa Claus Is Coming to Town lyrics © Sony/ATV Music Publishing LLC

We Wish You a Merry Christmas

We wish you a Merry Christmas
We wish you a Merry Christmas
We wish you a Merry Christmas
And a Happy New Year

Good tidings we bring
To you and your kin
We wish you a Merry Christmas
And a Happy New Year!

Twinkle Twinkle

Twinkle, twinkle, Christmas star
How I wonder what you are
Up upon the tree at night
Like a diamond shining bright
Twinkle, twinkle, Christmas star
How I wonder what you are

*Songs: public domain except where indicated.
Poem – Clement Clarke Moore*