**Sensory and Music Story: Round the World – Japan!**

*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:**

A fan (or make one from folded paper)

A couple of sheets of paper

Fabric ‘black belt’ (eg dressing gown belt!)

Green plants / leaves, stones / sand / gravel – anything for a ‘Japanese garden’!

Rainstick , ocean drum – and / or actual water

Bells / chimes

**The Story:**

It was a lovely sunny day – where shall we go round the world this week? Let’s go to… Japan!

**Sing:** We’re all going to Japan Today

When we got there we practised our bowing, as that is how people say hello to each other in Japan. A small nod of the head is more casual, and a longer deeper bow shows more respect.

**Feel:** How much can you bow or nod your head?

Sing:

It was very hot, so we were very glad that folding fans were invented in Japan! The fans really helped us to stay cool!

**Feel:** Feel the cool air from a fan.

We went into a cooler house (phew!) where we were going to have a go at the Japanese art of paper folding – origami! Some of the models we saw were very intricate… We were each given some paper to see what we could fold and make!

**Feel:** What can you fold? A plane, a boat…?

Next, we went into a ‘dojo’, to learn some martial arts! We watched some sumo wrestlers – they were all quite big and wore only a thick belt called a Mawashi – we weren’t sure about having a go at that! But we also learnt some Judo and Karate – and we were so good at that, that we all earnt our black belts!

**Feel:** Feel some karate style leg or arm moves – punches or kicks.

Tie your black belt around your waist!

There are many mountains and volcanos in Japan. We saw Mount Fuji – it was very beautiful with snow on the top. We were glad to hear it had not erupted for hundreds of years though! Wait, could we see someone in the distance…

**Sing:** She’ll be Coming Round Mt Fuji

Well, after that we were ready for something a bit more restful! We visited a Japanese Garden. The first thing we saw was a massive pond with big colourful fish called koi carp in them – we tried to count how many there were…

**Sing:** 5 Koi Carp Swimming in the Pond

After the excitement of the fish however, the restful nature of the garden began to sink in. There were lots of green plants, and carefully placed stones. There was the gentle sound of running water, and quiet music. It was very relaxing.

Feel: What can you make into your own Japanese garden? Arrange any green plants, stones. Listen to the sound of running water with a rain stick or ocean drum.

As we were relaxing in the garden, it was getting late, and the stars started to come out above us. We were told about the Tanabata Festival that happens around this time of year, which remembers the story of two stars, Vega and Altair, who were in love but only allowed to meet once a year. As the stars came out, we wondered if those two stars were up there meeting tonight!

Thank you for a lovely time in Japan!

**Sing:** Twinkle twinkle

**Song Words**

**We’re all Going to Japan Today**

We’re all going to Japan today

Japan today, Japan today,

We’re all going to Japan today,

We’re going to stay all week!

We’re going to fly to Japan, pan, pan

It’s the home of the fan, fan, fan

We’ll travel round in our van, van ,van

When we get to Japan, pan, pan!

**She’ll be coming round Mount Fuji when she comes**

She’ll be coming round Mount Fuji when she comes

She’ll be coming round Mount Fuji when she comes

She’ll be coming round Mount Fuji, coming round Mount Fuji

She’ll be coming round Mount Fuji when she comes

Singing ay, ay, ipipi ay

Singing ay, y, ipipi ay

Sing ay, y ,ipi, ay ay ipi

Ay ay ipi ipi ay!

**Five Koi Carp Swimming in the Pond**

Five Koi Carp are swimming in the pond

Five Koi Carp are swimming in the pond

Til one Koi carp hides behind the lily pad,

There’s just four Koi carp, swimming in the pond

Four…

Three…

Two…

One koi carp is swimming in the pond

One koi carp is swimming in the pond

He goes to look behind the lily pad…

And now there’s five koi carp back swimming in the pond!

*Songs: public domain except where indicated.*

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