

# African Story Massage



Let's explore Africa. What a beautiful place,  
Giant Monsoon raindrops falling on my face!

(Use fingers to gently tap head and face)

I spot a lion, it's jumped into a tree,  
I'll hide here so it can't spot me!

(Squeeze shoulders)

Let's venture to the jungle, what will we see?

A family of monkeys swinging in the trees!

(Take child's arms and swing them gently from side to side and up and down)

I feel thirsty, what can I drink?

Big juicy oranges to squeeze I think.

(Gently squeeze down each of your child's arms)

I see a parrot sitting in a tree,

Down he swoops to peck at me!

(Gently use your finger and thumb to peck at your child's hands and each finger)

Look at elephants swimming in the river,  
The water must be warm, I don't see them shiver!  
(Make circular movements on your child's chest)

I hear thunder rumbling from afar,  
A stampede of animals, how bizarre!  
(Patting up and down legs)

Walking through cool swampy mud,  
Oozing through my toes, that feels good!  
(Foot massage)

Let's relax together and think what we have done,  
Our journey into Africa was such fun!  
(Relaxation time)