

A Sensory Story for NOVEMBER

For this story you will need a cooking pot and a wooden spoon.
Directions for actions are in the square brackets.

Once upon a time a fairy woman
gave a magic porridge pot to a little girl.
[Show the pot to the child]

“Just say ‘cook little pot, cook!’ and
that pot will make you some porridge!
And when you have had enough say
‘stop little pot, stop!’”

So the little girl said:
‘Cook little pot, cook!’
And the pot began to cook.
[Stir the pot with the spoon]

The pot made porridge out of nothing!
[Keep stirring]

Lovely porridge. Mmm!
[Keep stirring]

And the little girl said:
‘Stop little pot, stop!’
[Hold your hand up to make a stop sign]

And the pot stopped.
*[Stop stirring, give the pot
three taps with the spoon]*

On Monday morning the little girl
said: ‘Cook little pot, cook!’
And the pot began to cook.
[Stir the pot with the spoon]

Lovely porridge. Mmm!
[Keep stirring]

And the little girl said:
‘Stop little pot, stop!’
[Hold your hand up to make a stop sign]

And the pot stopped.
*[Stop stirring, give the pot
three taps with the spoon]*

On Tuesday morning the little girl
said: ‘Cook little pot, cook!’
And the pot began to cook.
[Stir the pot with the spoon]

Lovely porridge. Mmm!
[Keep stirring]

And the little girl said:
‘Stop little pot, stop!’
[Hold your hand up to make a stop sign]

And the pot stopped.
*[Stop stirring, give the pot
three taps with the spoon]*

On Wednesday morning the
little girl’s mother got up first.
She said: ‘Cook little pot, cook!’
And the pot began to cook.
[Stir the pot with the spoon]



A Sensory Story for NOVEMBER (continued)

Lovely porridge. Mmm!

[Keep stirring]

She ate the porridge, but she forgot what to say next.

Uh-oh!

The pot went on cooking.

[Keep stirring]

And cooking!

And cooking!

And cooking!

[Stir more and more vigorously and wildly!]

More and more and more porridge.

The porridge slurped out of the pot.

There was porridge on her toes.

[Tap your child's toes with your fingers gently]

Oh no!

There was porridge up to her knees!

[Tap your child's knees with your fingers gently]

Oh no!

She tried to clean it up.

Now there was porridge in her clothes and in her hair.

[Tap your child's arms, shoulders and head]

There was porridge everywhere!

Porridge on her toes.

[Tap your child's toes with your fingers gently]

Oh no!

Porridge up to her knees!

[Tap your child's knees with your fingers gently]

Oh no!

Porridge in her clothes and in her hair.

[Tap your child's arms, shoulders and head]

Porridge everywhere!

The little girl came running down the stairs.

[Slap your hands on your knees, or gently on your child's knees to make the 'steps' of the girl coming downstairs]

'Stop little pot, stop!'

said the little girl.

[Say this very loudly as you hold your hand up to make a stop sign]

And the pot stopped.

[Tap the pot three times with the spoon, loudly]

The little girl cleaned the porridge

out of her mother's hair and off her clothes.

[Tap your child's arms, shoulders and head]

They cleaned their knees.

[Tap your child's knees with your fingers gently]

and they cleaned their toes...

[Tap your child's toes with your fingers gently]

It took them all day long

...and then they went to bed!

TRADITIONAL STORY

ADAPTED BY AILIE FINLAY

flotsamandjetsam.co.uk

ILLUSTRATED BY KATE LEIPER

kateleiper.co.uk

