Old Macdonald Massage

Sing the song 'Old Macdonald has a farm' with your child. For each animal, make the animal sound and the corresponding hand movement on your child's body whilst singing.

|  |  |
| --- | --- |
| Duck | Beak motion with fingers and thumbs |
| Cows | Flat hands moving on body |
| Sheep | Cloud shapes  |
| Pigs | Gently press finger tips of all 5 fingers |
| Horse | Fast galloping fingers |
| Dog | Brushing hand backwards and forwards |
| Owl | Big circles |
| Donkey | Slow galloping fingers |
| Cat | Whisker shapes with 2 fingers and 2 hands. |
| Chick | Bunched hands going downwards and spreading out |
| Frog | Jumping fingers over body |
| Bees | Fast moving fingers (similar to story massage sprinkle) |