

## Nursery Rhymes for Massage

### Jelly on the Plate

*Jelly on the plate, jelly on the plate.  
Wibble wobble wibble wobble  
Jelly on the plate*

The rhyme to go with the jelly roll on the legs.

### This Little Piggy

*This little piggy went to market,  
This little piggy stayed home,  
This little piggy had a massage,  
This little piggy didn't want one,  
And this little piggy cried  
"Wee wee wee" all the way home*

A slight modification to a well known nursery rhyme, makes for the perfect toe massage.

Or, for a bit of variety, try:

*Beattie Bo, big toe,  
Mrs Moore, next door,  
Solomon Riddle, in the middle,  
Lucky Jim, next to him,  
Last of all, baby small.*

### Round and Round the Garden

*Round and round the garden,  
Little teddy bear.  
Butterflies and ladybirds,  
Are hiding everywhere.*

A rhyme to use when doing the tummy circle massage stroke.

### Ring O Ring Of Daisies

to the tune of 'Ring O Ring Of Roses'

*Ring O ring of daisies,  
Is lovely for the babies,  
Around and around,  
And around we go.*

Try introducing this rhyme during the daisy wheel massage on the tummy.

### Tommy Thumb

*Tommy Thumb, Tommy Thumb, where  
are you?  
Here I am, here I am, how do you do?*

*Peter Pointer, where are you?  
Here I am, here I am, how do you do?*

*Toby Tall, where are you?  
Here I am, here I am, how do you do?*

*Ruby Ring, where are you?  
Here I am, here I am, how do you do?*

*Baby Small, where are you?  
Here I am, here I am, how do you do?*

The perfect rhyme when massaging the fingers.

### Row Row

*Row row row your boat,  
gently down the stream,  
Merrily merrily merrily merrily,  
Life is but a dream.*

A useful rhyme to try when doing the 'scissors' or 'hugs' exercise.

### The Grand Old Duke of York

*The grand old Duke of York,  
he had ten thousand men.  
He marched them up to the top of the  
hill  
And he marched them down again.  
And when they were up, they were up.  
And when they were down, they were  
down,  
And when they were only half way up  
They were neither up nor down.*

This rhyme and the 'marching' exercise go well together.

