

# 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  
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