

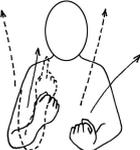
Lunar New Year Sensory Story

Some Asian countries celebrate the new year on a different day. Their calendars use the moon to count the days, so they are called the Lunar Calendar and the Lunar New Year (or Chinese New Year).



A traditional Chinese story tells us about how the years were named after different animals. This year, it is the year of the Cow!

Repeat each phrase and action. Have fun making the animal sounds too!

STORY	ACTION	RESOURCES (optional)
Long ago, the Jade King gathered all the animals together for a race.	Sit down and calm down, breathing in and out.	Paper crown Animal toys
The animals would race over land, mountains and water.	One finger drawing a line for land, spikes for mountains and waves for water.	Sand, light fabrics, water play
Ready...Steady...GO! The animals raced as fast as they could.	Body drumming, with increasing speed	Drums, flag to signal the start of the race
The clever Rat came first.	Two fingers running on arms	Toys with animal sounds - or make your own animal sounds! Animal masks or pictures Animal puppets or toys Feathers, string, animal-themed fabrics and textures
Then the Cow	Whole fist pressing on body	
Tiger	Light swipes across the body	
Rabbit	Jump up and down if they can, or two fingers to jump on their bodies	
Dragon	Whole palm moves around body	
Snake	Index finger moves around body	
Horse	Stomp the feet or tap the lower leg	
Sheep	Draw small circles on the head	
Monkey	Tickle	
Chicken	Light pinch with two fingers	
Dog	Hug	
Pig	Press on the nose	
After the race, the Zodiac years were named after the animals.	Draw circles on the back or stomach	
Everyone celebrated in red with fireworks	Wave arms and cheer or sign 'firework' 	Party poppers, Press the bubble wrap, video of fireworks.

Animals of the Zodiac: Story Symbols



rat



cow



tiger



rabbit



dragon



snake



horse



sheep



monkey



chicken



dog



pig

