

Happy Talk



Let's Go Exploring

Let's get outside and explore the flowers, plants, animals and insects! Every time you go exploring bring an 'Exploring Notebook' with you. Keep a record of what you see.

Before you go exploring you can download flower, plant, insect or bird identification apps onto your phone to help you.

- How many different flowers do you see?
- Do you know what they are called? (Look it up online!)
- What colour are the flowers?
- What do the flowers smell like?
- Do you know what makes the flowers grow?
- What other plants can you see?
- Are they big or small?
- Are they wild plants? Are they weeds?
- What colours are their leaves?
- What animals can you see? Don't forget to look up and look down!
- How many insects can you count?



July 2022

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



For further information visit:
www.hse.ie/happytalk

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Rhyme

In the Garden

What do you suppose,
A bee sat on my nose!
What do you think,
He gave me a wink!
'I do beg your pardon,
I thought you were the garden!'

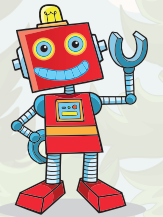
What gave me alarm,
A spider on my arm!
What do you think,
She gave me a wink!
'I do beg your pardon,
I thought you were the garden!'

What filled me with dread,
Ants crawling up my head,
What do you think,
They gave me a wink!
'I do beg your pardon,
We thought you were the garden!'

Rhyme Time Voices and Games

Practice the rhyme using lots of different voices:

- Whisper
- Loud to quiet to loud
- Fast
- Slow motion
- Robot Voice
- Laughing Voice
- Silly Voice
- Baby Voice
- Monster Voice



Mindful Moment

Mindful Nature Walk

Everyone get ready to go on a nature walk. We are going to do lots of noticing on this walk. We want to notice how many birds, insects, creepy crawlies and any other animals as we can. We are going to use some of our senses for this activity. Let's start by seeing what animals we can see with our eyes? Then we are going to close our eyes and notice all the noises we can hear the animals making. If you go on a walk and don't see many animals use your imagination to pretend. What animals might you see in a park? What animals might you see in the woods? At the zoo? At the beach?

