

Happy Talk



Mindful Moment

The Raisin Mindful Moment

Invite the children to use all their senses in this activity. Remind them to Look, Smell, Touch, Taste and Listen to the food. Start by giving each child a raisin (or whatever food is safe for your child; a berry or a seedless grape).



Look: Invite the children to pick up the raisin slowly. Encourage them to hold the raisin in their fingers, to look at the raisin, and to think about the shape, size and colour.



Smell: Invite the children to use their nose to notice the smell of the raisin.



Feel: Ask the children; what does it feel like in your hand? Maybe it feels bumpy like tree bark or smooth like a table.



Taste: Invite the children to place the raisin on to their tongue, pause and be aware of what they are experiencing in their mouth without biting the raisin.



Feel and Taste: Invite the children to think about the texture of the raisin on their tongue. What can they taste and feel? Invite the children to bite and chew. How does the taste and feel change? Encourage the children to notice the feeling as they swallow the raisin, and to think about how it feels in their tummy!

Listen: You can invite the children to listen as they bite and chew. Can they hear the sounds as the tummy goes into their tummy?

Have another raisin (or seedless grape)? Try again!



February 2023

M	T	W	T	F	S	S
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28					

6 Feb ● St. Brigid's Day

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

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Learning Position Words

The Grand Old Duke of York includes some lovely position words (or prepositions); Up and Down. Play these games to practice more position words:

- **I Spy;** Use position words in your clues; 'I spy something beside the door, under the table, up on the chair, down on the ground.'
- **Scavenger Hunt;** Hide and find, and remember to talk about where things were hiding! Can you hide and find treasure under lots of things today, and behind lots of things the next time you play.
- **Silly Leprechaun;** The Silly Leprechaun is such a messer! He keeps putting things in the wrong place. Invite the children to put things back in the correct place and talk about where things belong; 'The bin doesn't belong on the chair, it belongs in the corner!'

This game can be played throughout the year with the Silly Easter Bunny, the Silly Halloween Ghost, the Silly Elf!



Rhyme Time Voices and Games

Rhyming Words

When we play with rhymes in Happy Talk we have lots of fun swapping out the rhyming words to make the rhymes more fun, to make them funny, to make them silly, and to make them last longer! Playing with rhyming words helps develop early reading skills.

Rhyme

Grand Old Duke of York
Oh the Grand Old Duke of York,
He had 10,000 men...
He had 10,000 friends...
He had 10,000 hens...
He had 10,000 gems...
He had 10,000 pens...
He had 10,000 wrens...