

# Happy Talk

## Rhymes for Routines & Actions; Let's Go!



Good stories have a beginning, middle and end. Good instructions talk about the steps of an action, in the correct order. We can use our imaginations and this month's rhyme to break down any routine we want to learn and practice our action words too. Sit for a minute, jot down some ideas, and off you go! Here are some routines to get you started! Think about the routines you are learning this month, or try 'Going to the Doctor'; 'Washing Our Hands'; 'Making Smoothies!'

### This is the way we...

Get out the bowl...  
Measure the flour...  
Put in the sugar...  
Melt the butter...  
Mix the batter...  
Pour in the tin...  
Put in the oven...  
Ice with the icing...  
Take a bite...  
Say 'Yum! Yum!'

**When we're making cupcakes!**

### This is the way we...

Pull on our togs...  
Put up our cap...  
Test the water...  
Jump in the water...  
Splash all around...  
Swim up and down...  
Dive in the pool...  
Take off our goggles...  
Turn on the shower...  
Dry our hair...

**When we go to the swimming pool.**

### This is the way we...

Pack our backpack...  
Tie our boots...  
Put on our coat...  
Go step by step...  
Stumble and trip...  
Climb up the mountain...  
Reach the top...  
Take a selfie!  
Walk back down...  
Cheer for ourselves...

**When we climb a mountain!**



## June 2023

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		

05 Jun ● Bank Holiday



For further information visit:  
[www.hse.ie/happytalk](http://www.hse.ie/happytalk)

# Happy Talk



June 2023



## Mindful Moment

### Jiggles Mindful Moment

In The Jiggles Mindful Moment we move different parts of our bodies, becoming aware of each part as we jiggle and move. This is a great activity to get some energy your body.

Invite the children to begin by joining their hands and fingers together and jiggling/ shaking them. Invite the children to put the jiggles into other parts of their body by tapping each part (arms, legs, head, and whole body) and then jiggling/shaking each body part in turn. "Gather up" the jiggles back up into your hands when you are ready to finish, and 'blow them away' after a count of 3. 1... 2... 3... Blow the jiggles from your hands up into the air.

## Rhyme Time Voices and Games

### Adding to Rhymes

Use the rhymes you know to make more rhymes. We can shape and change rhymes to our own purpose. In this rhyme we are learning the action words to go with our morning routine...

This is the way we...

- Brush our teeth...
- Eat our breakfast...
- Wash our face...
- Put on our pants...
- Tie our shoes...
- Pull on our hat...
- Zip up our coat...
- Open our umbrella...

On a cold and frosty morning!  
On a lovely Winter's morning!  
On a windy Autumn morning!



## Rhyme

### This is the Way / Here We Go Round the Mulberry Bush!

This is the way we brush our teeth,  
brush our teeth, brush our teeth,  
This is the way we brush our teeth  
on a lovely Summer morning!

