

Happy Talk



Rhymes for Routines & New Experiences

Sometimes it helps to talk about and prepare for new experiences. It also helps to imagine and practice parts of a new routine before we try it! When we talk about new experiences beforehand we give children the gift of the language associated with that routine so they can talk about their new experience, how it went and how they feel.

This is the way we...

Say hello to the nurse...

Sit on the chair...

Wash our hands...

Roll up our sleeves...

Get ready for a pinch...

Say ow (if we want)...

Are very brave...

Put on a plaster...

Get a sticker...

Say thank you...

When we get a vaccine!

This is the way we...

Pack our bag...

Make our lunch...

Put on our uniform...

Say hello to teacher...

Laugh with our friends...

Play in the yard...

Play together...

When we go to school!



September 2023

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

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September 2023



Rhyme Time Voices and Games

We love using rhymes we know for new experiences. 'This is the Way' allows us to learn the routine of any new experience. What are the new things we try in the Autumn?

- Going to or Starting School
- Getting a Vaccine
- Going on an Autumn Nature Walk
- Starting a New Activity

This is the way we play in the leaves...
This is the way we get out of the rain...
This is the way we walk in the woods...
This is the way we play with our friends...

Rhyme

This is the Way - Autumn

This is the way we put on our coat,
Put on our coat, put on our coat,
This is the way we put on our coat,
On a lovely Autumn day!

Mindful Moment

'How's the Weather?'

As the weather begins to change this Autumn, use this Mindful Moment to invite children to check their personal weather report.

Let's give the weather report that best describes our feelings at the moment. Sunny, rainy, stormy, calm, windy, tsunami?

Where in our body do we feel the rain?
Where in our body do we feel the clouds?
Where in our body do we feel the sunshine?

This activity allows children to use the language of weather to support the language of feelings and emotions. It invites children to notice how they feel right now and observe their present state. They can't change the weather outside, and we can't always change our emotions or feelings either. And that is ok!

