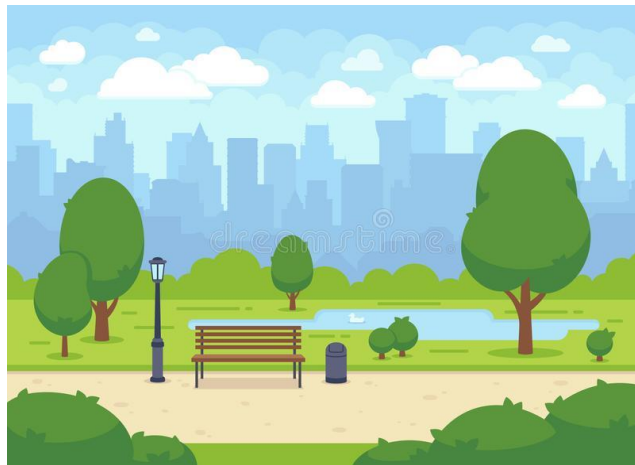


# Welcome to the Happy Talk Out and About Pack!



Happy Talk is a part of the HSE Speech and  
Language Therapy Service.

Happy Talk seeks to support language, literacy and  
learning skills of young children.

## Welcome to the Happy Talk Out and About Pack!

This pack contains ideas and activities to play and use at home to help develop early language, literacy and learning skills.

We hope you enjoy these resources, and send photos of your drawings, make and do, and stories to us by email to [aoife.oshea@hse.ie](mailto:aoife.oshea@hse.ie), by text or Whatsapp to 0876440177 or on Facebook (Happy Talk).

We look forward to seeing our regular Happy Talkers again in Cork City! Please note however, we are happy for this resource to be shared far and wide, and hope as many people as possible enjoy it.

All materials used in this pack are either generated by Happy Talk - HSE or are free to download online.

The activities in this pack are intended for children aged approximately 4 - 8 years. However that doesn't mean some of these activities can't be enjoyed by kids of all ages; even grown up kids!

We wish to thank the students and staff of UCC Speech and Language Therapy Dept. for helping to make these packs possible.

## Happy Talk Mindful Moments

Happy Talk Mindful Moments are a chance to take a time out and to settle or energise your brain and body. Learning to pay attention can build great listening and learning skills. In these times it is normal to feel a little worried, and so a Happy Talk Mindful Moment is a great way to remain calm.



## Blowing Bubbles Mindful Moment

For this activity you can use homemade or bought bubbles. You can also use a straw and a cup or a bubble wand. Invite the children to focus on taking in a deep, slow breath, and exhaling steadily to blow as many bubbles as they can with one breath. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away. Invite children to pick one bubble and follow it, looking at it until it bursts. Some children may need to learn how to blow. You can practice this activity for a few days using imaginary bubble wands and bubbles to get familiar with deep slow breathing.

## Out and About Rhymes and Songs

### I'm A Little Fish

(To the tune of I'm a little teapot)

I'm a little fish, (Make yourself small)

Watch me swim, (Pretend to swim)

Here is my tail, (Point to pretend tail)

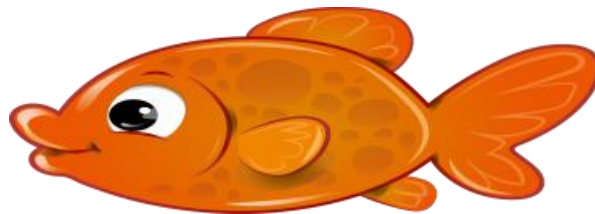
Here is my fin, (Wiggle hands)

When I want to have fun with my friends,

(Point to friends)

I wiggle my tail and dive right in!

(Wiggle imaginary tail & hands over head and pretend to  
dive)



## Out and About Rhymes and Songs

### In the Park Song

(To the tune of The Wheels on the Bus)

The children in the park play near the swings,  
Near the swings, near the swings,  
The children in the park play near the swings,  
All day long!

The ducks in the park swim in the pond  
In the pond, in the pond,  
The ducks in the park swim in the pond,  
All day long!

The flowers in the park grow on the grass,  
On the grass, on the grass,  
The flowers in the park grow on the grass,  
All day long!

The birds in the park sing above the trees  
Above the trees, above the trees,  
The birds in the park sing above the trees,  
All day long!



# Out and About Rhymes and Songs

## Fish in the Sea

(To the tune of The Wheels on the Bus)

(Hands over head, pretending to swim)  
The fish in the sea go swim, swim, swim  
swim, swim, swim, swim, swim, swim,  
The fish in the sea go swim, swim, swim  
All day long!

(Tap pointer finger and thumb together)  
The lobsters in the sea go pinch, pinch, pinch  
pinch, pinch, pinch, pinch, pinch, pinch,  
The lobsters in the sea go pinch, pinch, pinch  
All day long!

(Wiggle body, arms & legs)  
The octopus in the sea go wiggle, wiggle, wiggle  
wiggle, wiggle, wiggle, wiggle, wiggle, wiggle,  
The octopus in the sea go wiggle, wiggle, wiggle  
All day long!

(Click thumb & middle finger together)  
The crabs in the sea go click, click, click  
click, click, click, click, click, click,  
The crabs in the sea go click, click, click  
All day long!

## Out and About Rhymes and Songs

### Chirping Birds

Birds are chirping in the trees,  
The leaves are blowing in the breeze.  
Children are having a joyful ride,  
Going up the ladder and down the slide.

The ball is getting kicked around,  
Jumping and bouncing off the ground.  
The see-saw is moving from side-to-side,  
The children say "what a wonderful ride!"

Uh-oh the sky is getting dark,  
It must be time to leave the park.  
We will be back tomorrow for another day,  
Filled with fun, laughter and lots of play.

# Out and About Rhymes and Songs

## A Day at the Beach



Whoosh goes the wind (sway arms back and fourth)

Sniff Sniff goes my nose (sniff)

Crash goes the waves (Clap)

Splish splash goes my toes (wiggle toes)

I'll hunt for sea shells (pretend to gather shells)

You sift the sand (pretend to sift sand)

Let's build a castle, as high as we can! (place one first  
on top of the other going higher and higher)

For lunch we'll have some crackers, some juice and a  
peach (pretend to eat)

Oh my! What fun

Is this day at the beach! (Claps hands)



## Out and About Rhymes and Songs

### Beach Song

(tune of 'Wheels on the Bus')



(open and close fists in the air)  
The sun at the beach is shining bright,  
Shining bright, shining bright,  
The sun at the beach is shining bright,  
All day long!

(roll arms)  
The waves of the sea came rolling in,  
Rolling in, rolling in,  
The waves of the sea came rolling in,  
All day long!

(hands shooting to floor)  
The seagulls up above came diving down...

(tap pointer finger and thumb together)  
The crabs near the rocks go pinch pinch pinch...

(stomp feet on floor)  
The sand underfoot goes crunch crunch crunch...

(hands hitting air as if splashing)  
The kids at the seashore splash and play...

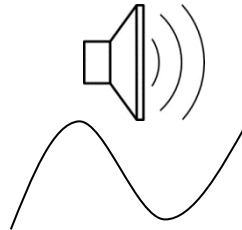
# Rhyme Time Voices and Games

Say the rhymes using the following games and activities.

Whisper



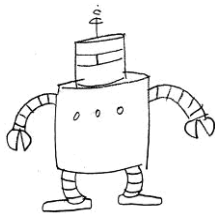
Loud-Soft-Loud



Laughing



Robot Voice



Silly Voice



Slow Motion



When it gets a bit easier try these games:

Tap/drum/clap

out each  
beat



Tap/drum/clap

out each  
word



Say every second

word with  
your child



Leave words and see  
can your child fill the gaps



Make mistakes and see does  
your child spot them



## Happy Talk Listening Rules

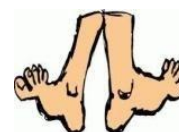
Look with your eyes

Listen with your ears

Mouth is closed

Feet on the ground

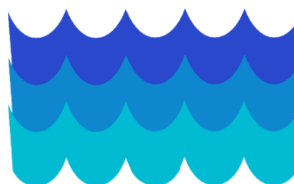
Hands are still



## 'At the Beach' Listening for Sounds

Take turns repeating the sounds you might hear at the beach!

The waves at the beach  
go 'shhh, shhh, shhh'



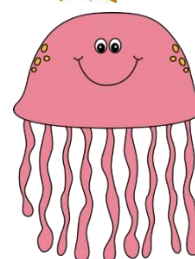
The crabs at the beach  
go 'click, click, click'



The seagulls at the beach  
go 'eee, eee, eee'



The jellyfish at the  
beach go 'splash, splash,  
splash'



The sharks at the  
beach go 'snap, snap, snap'



## At the Park Guessing Game

Tell your child that you are thinking of something you would find at the park and that they must guess what you are thinking of. Give your child the clues for each object.

### Bike:

It has two wheels.  
You can sit on it.  
It has pedals.

### Flower:

It is colourful.  
It has petals.  
It has a stem.  
It grows in the ground.

### Swing:

It has a seat.  
It moves backwards and forwards.

### Birds:

They fly in the sky.  
They have wings.  
They live in a nest.

### Kite:

It is a toy.  
It flies in the sky.  
It has a long string.

### Tree:

It has leaves.  
It has a brown trunk.  
It has lots of branches.

### Duck:

It is an animal.  
It has a beak.  
It can swim.  
It says "quack quack".

### Pond:

It is full of water.  
The ducks swim in it.  
Fish live in it.

### Bench:

People can sit on it.  
It is made out of wood.

## Drawing Instructions

Use a blank page and follow the instructions.

Draw a slide with five steps on your page.

Draw a tree in the corner of the page.

Draw a bird flying beside the kite.

Draw a big cloud and a small cloud at the top of the page and draw a kite below the small one

Draw a kite with two different colours

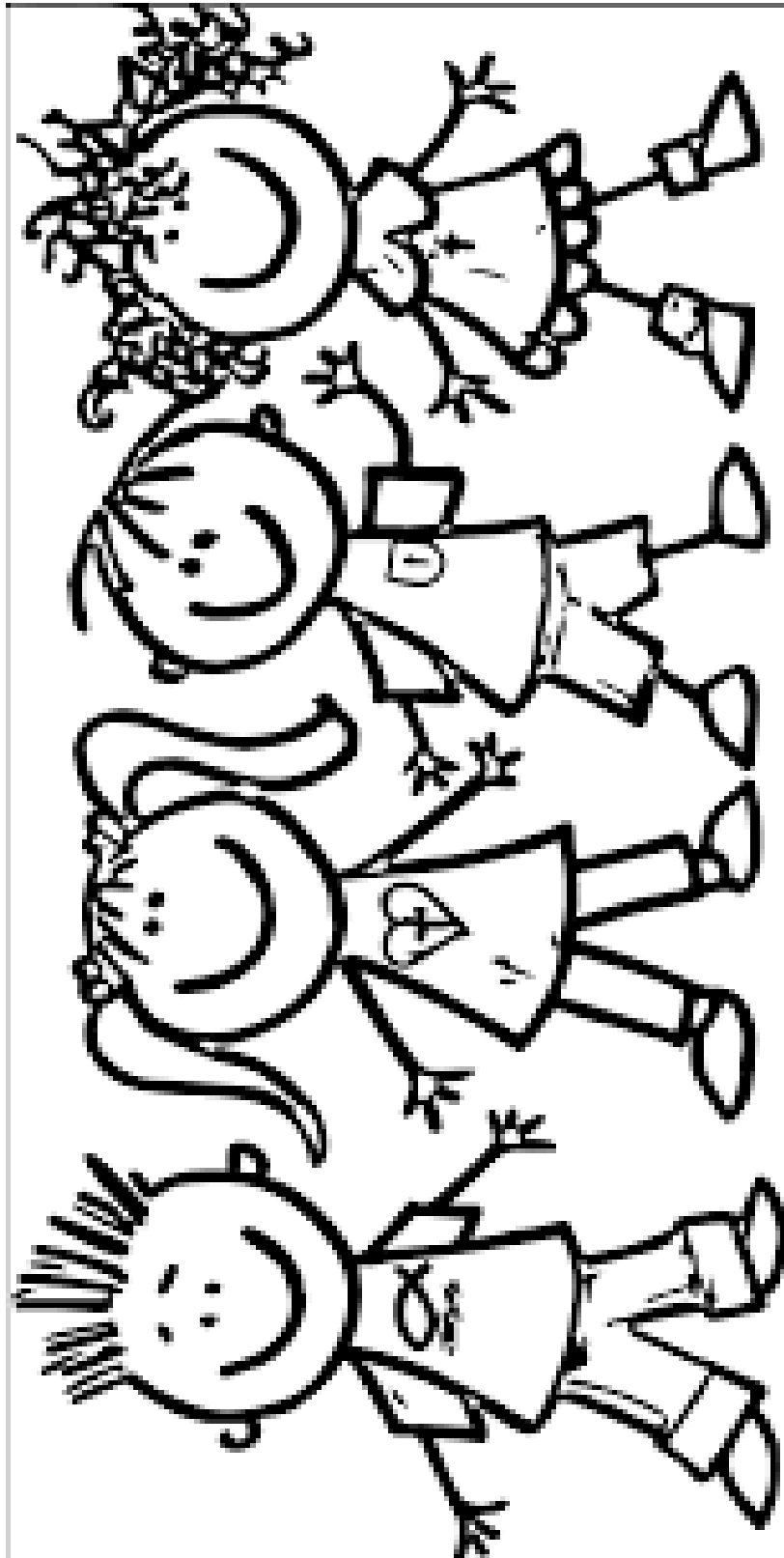
Draw a boy sitting on a bench beside the pond.

Draw a pond with three ducks swimming

Draw a ball under the bench.

## Drawing Instructions

Draw a row of children like this one, or print this page. Follow the instructions on the next page!



Colouring Instructions

Draw a hat on the  
first girl.

Draw a sun in the  
sky.

Draw one big  
and two small  
clouds.

Give the  
second girl  
sun  
sunglasses.

Colour the last  
girl's dress blue.

Give black hair  
to the girl who  
is at the end of  
the line.

Draw a circle  
around the second  
boy's feet.










Colour all  
shoes the  
same colour.

Draw a kite beside the  
smallest cloud.

## Beach Bingo

First make a list of all the words we can think of to do with the beach. Then make a 3x3 table and fill the boxes with just 9 words from your list. Each player picks 9 words. The words can be drawn or written into the boxes. The 'Bingo Caller' keeps the full list and calls out the words in no particular order. Everyone else crosses off their words and tries to get 3 in a row so they can call: Bingo!!

Here's an example of a table below!

<p>Boat</p> 	<p>Sandcastle</p> 	<p>Seagull</p> 
<p>Surfboard</p> 	<p>Bucket and Spade</p> 	<p>Suncream</p> 
<p>Lifeguard</p> 	<p>Crab</p> 	<p>Icecream</p> 



## I Spy...

1. Next time you go to the park, out for a walk, near the river or at the beach play a game of “I spy”.
2. Remember to encourage your child to play this game in lots of ways:
  - a. Give clues like ‘I spy with my little eye something that is green and has a trunk...’
  - b. Give sound clues like ‘I spy with my little eye something that begins with the sound ‘ssss’... (there will probably be a few right answers for this one).
  - c. Give letter clues like ‘I spy with my little eye something that begins with the letter ‘b’...
3. You can also play using this picture:



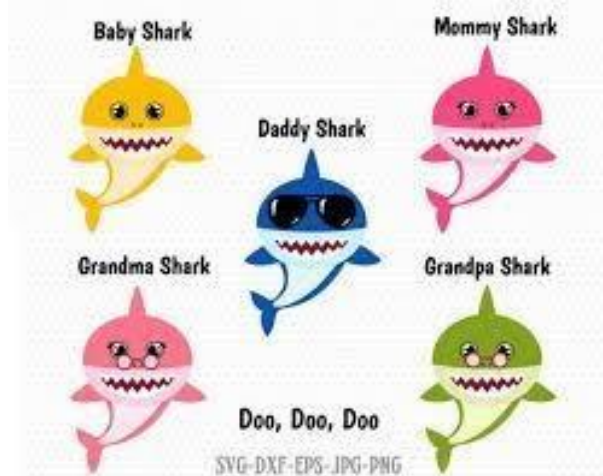
# 'Sharks at the Beach'

## Family Game

- Draw/cut out 5 pictures of sharks and label them Baby Shark, Mammy Shark, Daddy Shark, Grandma Shark and Grandpa Shark.
- Make a list with the child of all the activities you might do at the beach and draw a simple picture to represent each activity.
- Examples of activities may include building a sandcastle, eating an ice-cream, swimming in the sea, surfing on the waves, collecting seashells, digging in the sand, putting on sun-cream, sunbathing.
- Divide the table in 2. Place the 5 sharks upside down on one side of the table and place all the activities upside down on the other side of the table.
- Instruct the child to choose one picture from each side, i.e. one shark from the family and one activity you might do at the beach.
- Encourage the child to make a full sentence incorporating the pictures they chose.
- For example, "Baby shark is building a sandcastle", "Grandma Shark is swimming in the sea", "Mammy shark is eating ice cream"



## 'Baby Shark' Song and Dance



- Teach the lyrics and the dance moves and get up and moving about!
- This activity could be used as a movement break or to end the session on a fun and energetic note!
- Watch the dance moves at the link below:

<https://www.youtube.com/watch?v=XqZsoesa55w>

- Here are the lyrics:



## Jumping Over the Waves! Activity game

### Instructions:

1. Every time a wave comes, everyone should  
Jump, to jump over the wave!
2. While Jumping, everyone should say one word  
associated with the beach.

For example, When I jump, I say "Sandcastles!"

### Link:

<https://www.youtube.com/watch?v=WHPEKLQID4U>



## Flower Making

1. Take an empty egg carton.
2. Cut it into sections (3 will do)
3. Cut out 18 triangles on a sheet of paper.
4. Colour/paint the egg carton and triangles yellow.
5. Stick a straw/stick to the back of each flower to act as a stem.

PS. You can add faces to the flowers like in the picture below!



## Quack Quack Craft

Take a paper plate and cut it in half. (you can also draw half a circle on a page and cut this out)

Draw the duck's head (try to copy the drawing below)

Colour/paint these yellow.

Cut out a triangle and colour it orange. This will be the duck's beak.

Draw or stick an eye on the duck head.

Place the ducks on a blue piece of paper.

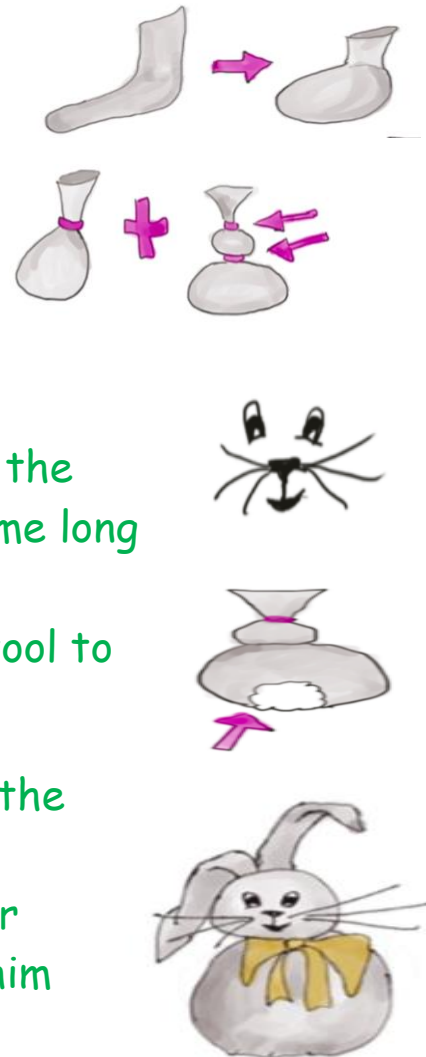
This will be the pond.



## Sock Bunnies

What you will need: An old sock (any light colour is good), a small cup of rice (marbles or little pebbles would be good if you have no rice), (2 elastic bands or hair ties, a little bit of cotton wool, a marker, a scissors (get an adult to help with this part), glue or Sellotape, a ribbon or piece of string.

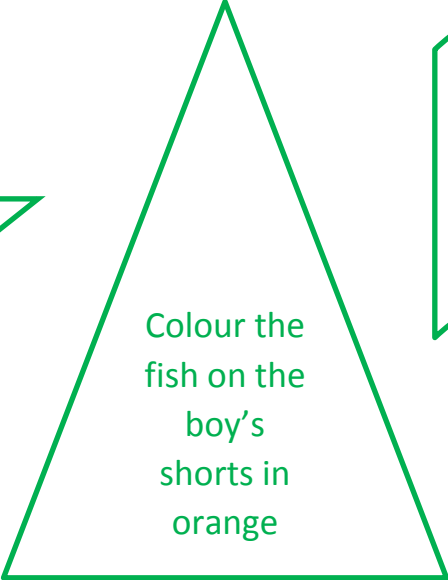
1. First fill the sock with a cup of rice leaving the top part empty.
2. Tie two elastic bands around the sock, one to give the bunny a belly and one to make his head.
3. Next use your black marker to draw on the bunny's nose, mouth and eyes. Give him some long whiskers too.
4. Now get some help to glue the cotton wool to his bum to give him a fluffy tail.
5. Get an adult to cut down the middle of the top of sock to give him floppy ears.
6. Finally, if you have some ribbon, cloth or string then tie it around his neck to give him a bowtie.
7. And now you have your very own sock bunny. Make sure he doesn't eat all the carrots!



## Colouring at The Beach



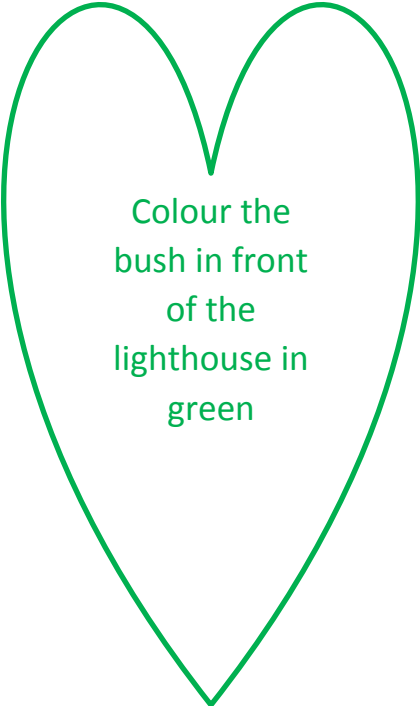
Colour the  
tall  
lighthouse  
red




Colour the  
fish on the  
boy's  
shorts in  
orange




Colour the kite in  
yellow




Colour the  
bush in front  
of the  
lighthouse in  
green




Colour the  
man's  
shorts in  
purple



Colour the girl's  
swimming togs  
in pink



Give the  
little boy  
blonde  
hair



Get Creative; Colour in the rest of the  
picture yourself! Make it as colourful as  
the rainbow!





## Word Search

### At The Beach

u	b	u	b	t	q	b	v	b	o	s	t
l	i	e	m	i	x	r	e	q	h	e	q
i	c	e	c	r	e	a	m	s	v	a	x
q	w	s	x	o	t	h	w	h	v	n	t
t	y	c	r	a	b	t	y	e	o	x	c
s	r	u	r	a	v	s	e	l	m	o	g
s	a	n	d	c	a	s	t	l	e	c	o
w	a	v	e	s	n	s	k	s	u	i	a

Find the following words in the puzzle.  
Words are hidden → and ↓ .

crab  
icecream  
sandcastle

sea  
shell  
waves

## Word Search

### At The Beach

b	s	e	a	w	s	h	e	l	l	b	s
m	y	l	j	f	b	u	c	k	e	t	e
n	z	d	r	s	v	c	s	i	v	m	a
h	c	o	l	t	p	i	c	n	i	c	w
p	r	w	i	c	e	c	r	e	a	m	e
d	a	s	p	a	d	e	q	u	c	b	e
c	b	u	c	t	b	w	a	v	e	s	d
d	s	a	n	d	c	a	s	t	l	e	o

Find the following words in the puzzle.  
Words are hidden → and ↓.

bucket  
crab  
icecream  
picnic

sandcastle  
sea  
seaweed  
shell

spade  
waves

## Hunt in the Park

1. Draw some things you might find in the park.  
Use some of the following: Water, leaf, rock, stick, rubbish bin, bug, bench, butterfly, slide, swing, flower, grass, bird, pond, ducks.
2. Cut the drawings/words into pieces.
3. Hide these drawings/words all around the garden or your home.
4. Write a list of all the drawings/words and ask your child to find them around the house.
5. Ask the child to tick off the things on the list as they find them.



## Park Scavenger Hunt

Check the items off the list as you find them!

- ☐ Water
- ☐ Leaf
- ☐ Rock
- ☐ Stick
- ☐ Trash Can
- ☐ Bug
- ☐ Bench
- ☐ Slide
- ☐ Grass
- ☐ Flower
- ☐ Bird



## Word Search

### At the park

K	N	E	O	O	K	T	A	P	T	B	U	Y	S
U	R	G	P	T	B	E	P	S	A	T	R	K	P
S	O	N	O	A	S	I	L	O	I	T	A	I	L
K	L	I	N	E	C	E	K	J	P	E	H	T	A
A	L	W	D	N	A	R	O	E	Y	I	R	E	Y
T	E	S	I	V	I	G	S	R	S	W	R	B	G
E	R	C	E	E	G	A	B	E	N	C	H	I	R
B	S	S	G	I	S	K	T	B	I	R	D	S	O
O	K	I	N	N	Y	L	A	N	S	I	B	E	U
A	A	G	W	N	I	P	I	E	U	K	I	E	N
R	T	R	N	A	R	Y	E	D	I	O	V	R	D
D	E	E	L	U	T	S	A	B	E	E	F	T	O
I	S	I	N	E	A	N	F	L	O	W	E	R	S
R	Y	T	G	W	D	I	O	N	P	L	T	A	L

PLAYING  
LEAVES  
BIKE  
PLAYGROUND  
TREE  
FOUNTAIN  
BIRDS  
SKATEBOARD  
JOGGING  
SEE-SAW  
PATH  
ROLLER SKATES  
FLOWERS  
KITE  
POND  
PICNIC  
BENCH  
SLIDE  
SWING

Play this puzzle online at : <https://thewordsearch.com/puzzle/1000414/>

## Our Favourite Website

In Happy Talk our favourite website for the Summertime is  
the NATIONAL TRUST website:

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

There are lots of ideas to keep you busy all Summer long!

50 Things: Activities in the Woods

<https://www.nationaltrust.org.uk/lists/50-things-activities-in-the-woods>

50 Things: Activities at the Beach

<https://www.nationaltrust.org.uk/lists/50-things-activities-at-the-beach>

50 Things: Activities To Do in Your Back Garden

<https://www.nationaltrust.org.uk/lists/50-things-activities-to-do-in-your-back-garden>

We STRONGLY advice reading this document before making  
your own list:

<https://www.nationaltrust.org.uk/features/safety-information-for-50-things-activities>