

Welcome to the Happy Talk 'Getting Ready for Change' Pack!



Life is full of change.
Let's get ready for it!

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'Getting Ready for Change' Pack

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Happy Talk is a part of the HSE Primary Care Speech and Language Therapy Service. Happy Talk seeks to support language, literacy and learning skills in children aged 0 - 6 years. Happy Talk is part of the HSE Cork Kerry Community Healthcare services.

We sincerely thank the North Lee Early Intervention Team for their help and support in developing this resource.

As the name suggests, this resource is all about 'Getting Ready for Change'. It is aimed at small children getting ready to make a new start; moving house, moving to a new place, getting a new sibling, starting with a new child minder, starting with a new crèche or early education service, or starting in a new school.

We know change is challenging, even wished-for change. This resource is here to support you with that challenge.

'Getting Ready for Change'

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Getting ready for change can be complicated. We think of it like learning to climb a tree:

- To climb a tree you need particular skills; you need balance, upper body strength, and determination.
- To climb a tree you need to be prepared; you must wear the right shoes, for example.
- No one can climb the tree for you! You have to do it yourself!
- When you do climb a tree you want to be safe, but there is always some risk involved. For example, you probably don't want to climb the tree in the rain when the branches are slippery. You have to learn how to measure that risk, how to know when to stop.
- However, there is always a chance that you might fall. If that happens, you have to learn how to fall well, to avoid injury. And, you have to learn how to pick yourself up and try again.
- For the people watching you learn how to climb a tree it's complicated; they want you to succeed, but it's difficult not to worry!

When your child makes a new start; it can be complicated for the grownups in their life. You want them to succeed, but it's difficult not to worry!

The 'Getting Ready for Change' pack invites you and your child on a journey to learn the skills needed for change and prepare for that change together.

'Getting Ready for Change'

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The 'Getting Ready for Change' pack includes 5 sections which invite us to explore change in different ways:

- Let's Play With Change
- Let's Talk About Change
- Let's Feel About Change
- Let's Learn About Change
- Let's Grow Into Change

Each section contains games, activities and ideas for you to explore together. We hope you have lots of fun playing and moving and exploring. We also hope you spend some time thinking, learning and talking about change. After using this pack we hope you will:

- Learn some language to help you talk about change.
- Experience change in fun and playful ways to prepare you for change in everyday life.
- Develop the skills that will help you meet and engage in change, as well as overcome the challenges of change.

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Let's Play With Change

In this section (and every section) we will explore change through different types of play. 'Play is the work of the child' says Maria Montessori, and it is how children learn. Playing to learn about and explore change is the aim of our 'Getting Ready for Change' pack. Throughout the pack you will see lots of different types of play and games. Here are some games to get you started:

- All Change!
- Corn Flour Fun!
- My Magic Box!
- Obstacle Course Challenge!
- Musical Animals!

All Change! Listening Play



Sit in a circle with your friends and family. Leave free seats or spaces. The leader calls out who must stand up and change seats...

"If you're wearing a hat... change!"

"If you are wearing something red... change!"

"If you are wearing runners... change!"

Run to find a new seat!

If the leader wants everyone to move and change seats they can call out: "All Change!"
Listen carefully and move fast!

Lots of Listening Games you know already can be used to talk about and think about change!

Try 'Simon Says': 'Simon says run and touch something you wear when you go outside.' 'Simon says move seat and touch your nose.'

Try 'I spy': 'I spy something that turns black at night.' 'I spy something that gets hard when you put it in the freezer.'

Corn Flour Fun! Messy Play

Let's see how Corn Flour can change when you put it with different things. Talk about the changes as you play. Use the words 'First' and 'Then'. Get ready for a mess!

Corn Flour Gloop

Corn Flour and Water

Add the water gradually as see how it changes the corn flour.

"First it was hard, then it was gooey!"

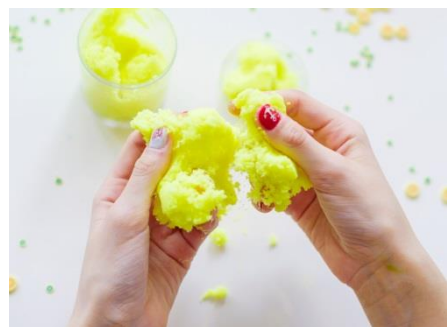


Corn Flour Moon Dough

Corn Flour and Hair Conditioner

Equal parts of corn flour and hair conditioner; feel that lovely soft Moon Dough. Pack it together and smash it up!

"First it was hard and smooth, then it was crumbly and messy!"



Corn Flour Cloud Foam

Corn Flour and Shaving Foam

Mix with food colouring or paint to add colours. Make a cloud rainbow.

"First it was white, then it was blue!"



Lots of Messy Play games have change in them! Whenever you make a mess use words like: different / same/ first/ then!

My Magic Box! Pretend Play

Get your imagination ready for some pretending.

- Did you know that cardboard boxes are magic? They can change into anything! A magic cardboard box! What will we make?
- Encourage your child to get involved in construction. Help your child solve problems rather than giving them all the solutions e.g. let them work out if glue stick or sticky tape will work best.
- Decorate the box any way they like. If your child needs suggestions to get started, you could try these ideas:
 - Make a house, a room, a kitchen,
 - Make a plane, a car, a boat,
 - Make a robot costume, a shield and a sword,
 - Make a tree, a rainbow or a river.
- Some of these things might be useful:
 - Child friendly scissors, tape and glue,
 - Paints, marker pens or thick crayons,
 - Colourful paper, foil, cellophane or fabric to decorate the box,
 - Paper plates to use as the wheels of a car, bus, truck or train.

Talk about what you are doing while you work together on your magic box! **Talk** about how the box is changing.



In all types of pretend play you can explore and learn about change:

Pretend to be a puppy and later in the week pretend you've grown up into a dog

Pretend to be the ice-cream man and all your ice-creams have melted!



Obstacle Course Challenge! Movement Play

This game is great for coordination, strength, planning and it's fun! This game can be played inside or outside with as many people as you like!

We are going to use the obstacle course to learn some skills to help us cope well with change and overcoming challenge. Start with the easy ideas and practice. Then move onto the tricky ideas! If these become easy then make them more challenging.



When you play this game use encouraging language and always praise children when they try. Think of yourself as a cheerleader!







"You can do it!" "Well done, keep going!" "Good try!"

"Don't worry, try again!" "Keeping trying!"

"You can try again the next time!"

Things you can use: mats, cushions, low table, chair, ball, hula-hoop, string, skipping rope, cones, bucket, box.

Obstacle Course Challenge

Obstacle Course Ideas			
Easy	Tricky	Even Trickier!	Equipment
Jump from mat to mat.	Jump from mat to mat with both feet together.	Jump from mat to mat with both feet together with your hands up in the air.	 Mats
Crawl under 1 table or chair.	Crawl under the table and a series of chairs.	Crawl under the table and chairs and sing Incy Wincy Spider out loud.	 Table / chairs
Hop to the chair (or any destination).	Hop along a straight line (use masking tape to make a line on the ground).	Hop along a straight line and swap feet every 5 hops.	 Space!
Throw the ball into the bucket (or box).	Roll ball into bucket or box on its side.	Throw a small ball with one hand into the bucket three times.	 Ball & bucket or box
Do 5 star jumps.	Do 10 star jumps.	Do 10 star jumps while singing 'Row Row Row Your Boat'!	 Space!
Run to the finish line. (Make a finish line!)	Run to the finish line and back.	Run to the finish line, do 5 star jumps, and run back.	 Space!

Musical Animals! Music Play

This game is a version of musical chairs but using toy animals. In this game we will pretend to be animals! It's a great game with lots of players but you can play with two people too. This game helps your child's movement and imagination skills. In this game talk about how you change from one animal to another!

Things you could use: animal toys/teddies, chairs or mats or cushions for each player, music.

Directions

1. Place several chairs (or mats or cushions) in a circle and put lots of different animal toys/teddies on each chair, or place the animals in a circle on the floor.



2. Players walk around the circle and, when the music stops, each player picks up an animal and sits down.



3. Players then take turns acting out that animal. Be as silly as you like! Roar like a lion, stretch like a giraffe, slither like a snake, hop like a bunny.



4. If only you and your child are playing this game, try placing the stuffed animals inside a pillowcase.



5. Then take turns removing an animal from the pillowcase when the music stops and acting it out.



'Getting Ready for Change'

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Let's Talk About Change

In this section we will play games that encourage the language of change and let us practice talking about change. Talking about change helps us prepare for the challenge of change, and helps us move through change experiences more easily. We will also use Nursery Rhymes and Songs to explore change and have fun! In this section we will focus on some of the words that will help us talk about change.

- Let's Talk About Change Games
- First / Next / Last Games
- Coat Tricks
- Rhyme Time Voices and Games
- Nursery Rhymes and Song

Let's Talk About Change Games

Let's play some simple games to introduce and practice the words associated with change.

All you need is a tea towel or hand towel and a selection of small toys or household items.



While playing these simple games practice using the following words and phrases:

It's different!	It's the same!	It changed!
You found a bear before... now you found a cup.	What will / might happen next?	First you found the car, then you found the doll.
After you close your eyes I will go and look.	Do you remember what happened?	What just happened? What did you do? What did you find?
First you found an apple, next you found a pig and last you found a pencil.	Now you know how to figure things out by feeling.	You have learned how to guess and remember.



Let's Talk About Change Games

Peek-a-Change (2 Years)

Get your magician skills out! Show a toy to your child and put it under/cover it with the towel. Invite your child to close their eyes and swap the toy as you say 'Abracadabra!' Let your child lift the towel to see what is in there now! Use your best 'Mock Shock' to act very surprised that the toy has changed.

Trick Treasure Hunt (3 years)

Invite your child to hide 3 or 4 small toys around the room, and pretend to close your eyes. Then invite your child to sit with their eyes closed while you "search" for the toys. In fact, swap the toys your child hid for different toys. Tell your child you cannot find the toys and need their help and use your 'Mock Shock' to be very surprised when the toys are different!

Guess by Touch (3/4 years)

Use a scarf to cover your child's eyes and place small toys under a tea towel one by one. Invite your child to feel them through the towel and try to guess what they are. You can use two groups of toys (e.g. animals and blocks) and invite your child to decide what group they go in before they look to see if they were right.

Kim's Game (4- 6 years)

Take a selection of small toys and show them to your child one by one, naming them. Then cover the toys with the towel and invite your child to remember what toys are hiding. Start with 3 toys and add more. You can ask your child to close their eyes and take one toy away and ask them if they can notice what is missing. You can swap one of the toys and see if your child can notice which toy is new and what the missing toy is.

First / Next / Last Games

First

Next

Last

Use the words First / Next / Last to talk about these activities.

Make silly mistakes so your child can correct you!

First, put the bread in the fridge! Next, pour the bubbles down the sink. Last, put pj pants on your head!



Building a Tower



Blowing Bubbles



Putting on Your PJs



Eating a Yogurt



Climbing a Tree



Making Toast

Coat Tricks

Let's learn some tricks for putting on your coat.
First, let's make sure we know all the parts of a coat.
Unscramble the words!



3 Coat Tricks

Let's use the words **First** / **Next** / **Last** to practice these Coat Tricks!

Hood Trick

You can say "Hood is good! Let's get going!"

First



Use your hood to get started. Put hood on your head ...

Then



... one arm in ...

Last



... second arm in! Hey presto! You know the Hood Trick!

Coat Flip

You can say: "Flip flop, over the top!"

First



Place coat on the floor or table with the zip or opening of the coat facing up. Then stand at the head of the coat and look down ...

Then



... place both hands inside the sleeves of the coat and stand up ...

Last



... lift the coat up and flip over head while continuing to slide his hands down the sleeve of the coat.

Hey presto! You did the coat flip!

Chair Trick

You can say "Shrug like a bug!"

First



This trick is great for a coat with no hood. Place coat on back of chair with the coat zip/opening facing the seat of the chair.

Then: 1 - 4



Sit on the chair and place one arm in the sleeve and then the next... last shrug like a bug to move the coat up over your shoulders! Hey presto! You know the Chair Trick!

These tricks were shared with permission from preschoolinspirations.com.

Check them out and lots of other ideas at:

<https://preschoolinspirations.com/3-simple-ways-children-put-coats/>

Rhyme Time Voices and Games



Nursery rhymes and songs are a great way to spend time together having fun and learning. We like to use these Rhyme Time Voices and Games to explore rhymes and songs.

You will see there are 2 Levels of Rhymes Time Voices and Games.

Level 1: Play these games when you are learning the rhymes and songs with your baby or toddler.

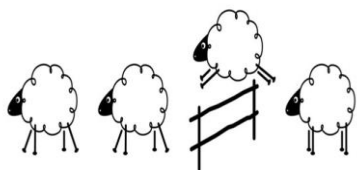
Level 2: Play the games in Level 1 and Level 2 when you are learning the rhymes and songs with your toddler or child.

We have picked some rhymes that talk about and explore change and getting ready. Talk about the changes that happen in these rhymes using the idea bubbles.

Rhyme Time Voices and Games 1

Say nursery rhymes together using the following games and activities.

Over and Over



Like a Story



Take Turns

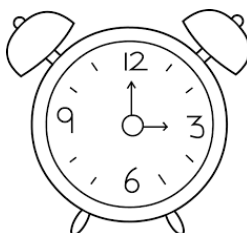


When it gets a bit easier try these games:

Face to Face



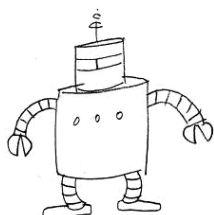
Pause & Wait



Last Word
Tickle



Robot Voice



Clap Along to the
Beat



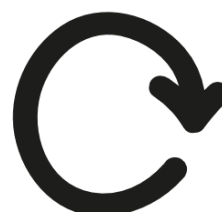
Shout the
Rhyme!



Act it Out



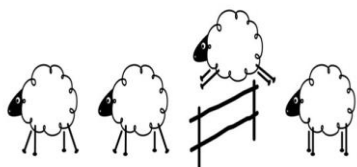
Wait for "Again"



Rhyme Time Voices and Games 1

Explained

Over and Over



Expect to say nursery rhymes over and over and over and over again... this is good even though you might have to find some patience!

Like a Story



Say the rhyme like you're telling a story! Say it like you're excited to hear what happens next (even though you know!)

Take Turns



Take turns to say the rhyme, even if everybody doesn't know all the words or can't say them all correctly; everybody gets a turn to say it or sing along!

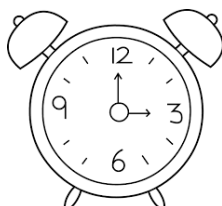
When it gets a bit easier try these games:

Face to Face



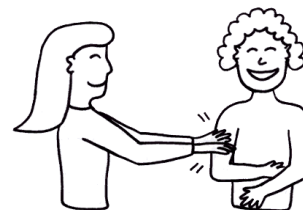
Get face to face when you are saying rhymes together, smile and make eye contact. Have fun spending time together.

Pause & Wait



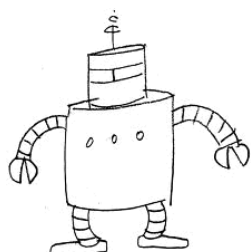
Pause at the end of each line (or in the middle of a line) and wait for a sign that you should keep going; an action (lift hands or a smile), a sound (a laugh or 'Ah') or a word ('more' or 'again') will do!

Last Word Tickle



Tickle each other at the last word in each line. Often these are the rhyming words, so this helps listening for rhymes, but also it helps to learn about rhythm.

Robot Voice



Say the rhyme in a flat toned robot voice breaking up the words into parts:

Twin – kle, twin – le,
li – ttle star!

Clap Along to the Beat



Clap the beat of the rhyme. Make sure you clap together to learn how to find the rhythm together. This takes practice!

Shout the Rhyme!



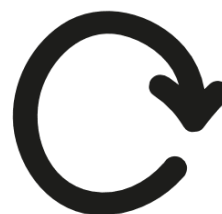
Turn up the volume when you say the words that rhyme! Shout them, yell them, show you can find them!

Act it Out



Act out the rhyme by using actions, voices and even props! Pretend to be the characters in the rhyme and tell their stories!

Wait for “Again”



When you finish the rhyme wait for a sign that you should say it or sing it again; an action (lift head and make eye contact), a sound (‘mmm’ or ‘oh’) or a word (‘again’ or ‘twinkle’) will do!

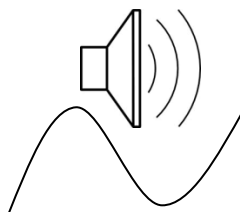
Rhyme Time Voices and Games 2

Say nursery rhymes together using the following games and activities.

Whisper



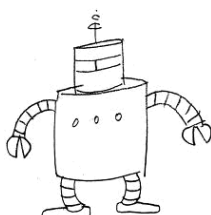
Loud-Soft-Loud



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 out and see
can your child fill the gaps



Make mistakes and
see does your child
spot them



Rhyme Time Voices and Games 2

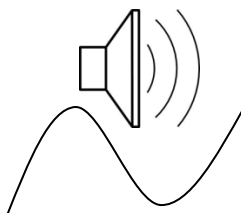
Explained

Whisper



Say the rhyme in a whisper. Make yourself as small as you can! Use a pretend remote control to turn up and down the volume.

Loud-Quiet-Loud



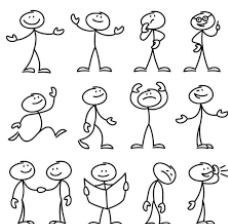
While saying the rhyme go from loud to quiet to loud. When you are loud stand up with arms in the air. When you are quiet make yourself as small as you can!

Laughing



Try saying the rhyme while you laugh. Can you laugh on every word? Trying to laugh will make you laugh some more!

Add Actions



Pick actions for each part of the rhyme. Use your hands, face and whole body to make the rhyme more active.

Silly Voice



Say the rhyme in any silly voice you like. Can say it like a monkey? Or like a tiny fairy? Can you say it like a bear? Or like a very serious policeman?

Slow Motion



Say the rhyme veeeeerrry veeeeerrry sloooooowly! Can you move very slowly too? Act out the rhyme in slow motion!

When it gets a bit easier try these games:

Tap/drum/clap out each beat



It's good to learn about rhythm as early as possible. Clap, march, play the drums, drum on your lap, stamp your feet, tap the table. Any way you want to find the rhythm is fine by us!

Tap/drum/clap out each word



Say the rhyme slowly and tap, drum or clap out each word. This is tricky: go slow!

This game is a good way to learn about words as separate unit.

Twinkle, twinkle, little, star
clap clap clap clap

Say every second word with your child



Say the rhyme going back and forth saying every second word. Point at the person whose turn it is to help them. Split in two teams to see who is the best at 'every second word'!

Leave words and see can your child fill the gaps



Say the rhyme but pause every so often to see if your child can fill in the gap and say the next word. To start with, leave a pause at the end of each sentence, to make it trickier leave a pause in the middle of the sentence.

Make mistakes and see does your child spot them



Say the rhyme but make mistakes. Tell your child: 'Touch your nose if you hear a mistake' or 'Stand up if you hear a mistake'. Let your child 'fix' the mistakes they hear!

Nursery Rhymes and Songs

Little Miss Muffet

Little Miss Muffet sat on a tuffet,
Eating her curds and whey,
Along came a spider, who sat down beside her,
And frightened Miss Muffet away.

Poor Miss Muffet! What happened to Miss Muffet that she did not like?



What do you do when you are frightened?

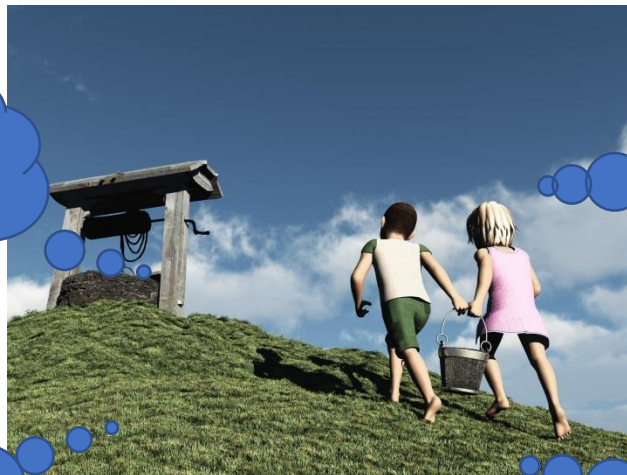
What did Miss Muffet do when the spider came along?

What would you have done? Could Miss Muffet do anything else?

Nursery Rhymes and Songs

Jack and Jill

Jack and Jill went up the hill,
To fetch a pail of water,
Jack fell down and broke his crown,
And Jill came tumbling after.



Poor Jack and Jill.
What happened
to them?

What will they
do next?

What do you do
when you fall?
What can you do
the next time
you fall?

What do you do
when things go
wrong? How do
you feel when
things go wrong?

Nursery Rhymes and Songs

This Little Piggy...

This little piggy went to market,
This little piggy stayed home,
This little piggy had roast beef,
This little piggy had none,
This little piggy went wee, wee, wee, wee,
All the way home!

Sometimes we want to stay at home but we have to out to do some jobs... Can you think of a job you don't like doing?

This little piggy went to market...

What is it like to go to a new place?

What do we do when we have to go somewhere we don't want to?

Going new places with someone else helps! Who goes with you when you go somewhere new?



Nursery Rhymes and Songs

This is the Way...

This is the way we wash our face,
Wash our face, wash our face,
This is the way we wash our face,
On a cold and frosty morning.

This is the way we brush our teeth,
Brush our teeth, brush our teeth,
This is the way we brush our teeth,
On a cold and frosty morning.

This is the way we brush our hair...
This is the way we put on our shoes / socks / jumper...
This is the way we pack our bag...
This is the way we put on / zip up our coat...
This is the way we wave goodbye...
This is the way we say hello...

What are all
the things we
have to do to
get ready for
our day?



Who will you say
Goodbye and Hello
to?

Practice saying "Bye
Bye" and "Hello" for
when you go to
crèche, preschool or
school...

Nursery Rhymes and Songs

Off to School We Go!

(To the tune of "A-Hunting We Will Go")

Off to school we go,
It's off to school we go,
We'll pack our bag and take our lunch,
It's off to school we go!

Off to school we go,
It's off to school we go,
We'll play and learn and dance and sing,
It's off to school we go!

We'll make new friends and everything...
We'll get to know our teacher's name...
We'll find out where our classroom is...
We'll wash our hands and stay real safe...
We'll run and jump and laugh and play...

What will be
different
about your
mornings
when you go
to school?



How will you
get to school
every day?

Who are some
of the new
people you will
meet at school?

'Getting Ready for Change'

Life is full of change. Let's get ready for it!

Let's Feel About Change

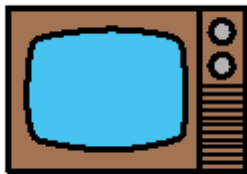
In this section we will explore how we feel about change. Change can be exciting and scary, sudden or wished-for. Both types of change, change that is exciting and change that is challenging, use up lots of our energy and feelings. Let's explore those feelings together.

- Learning Feeling Words
- If You're Happy and You Know It!
- Change Going Right! Change Going Wrong!
- Stories About Change
- My Change Story

Learning Feeling Words

Talking about feelings is helpful. A good way to start is by talking about other people's feelings.

- Start a conversation about feelings by talking about characters in books or on TV shows.



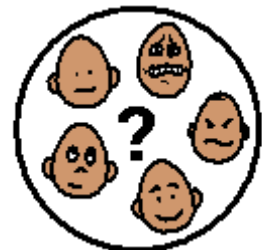
- Every once in a while and ask questions such as, "How do you think this character feels?"

- Be a mirror for your child. Name the emotions you see in them.

I can see you are so excited to see your Auntie.

I can see you are cross that Noah took your book.

I can see you are tired. Let's sit down.



- Encourage your children to name how they are feeling. With practice, your child's ability to label emotions will improve.

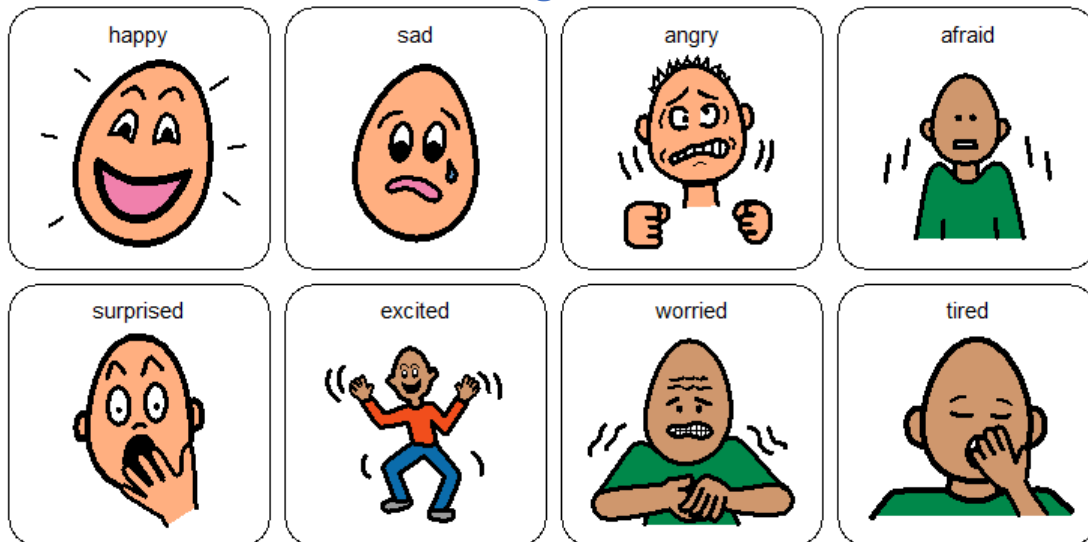
If You're Happy and You Know It!

Sing this classic song together! Make up new lines for different feelings. Look at our 'Feelings Chart' and 'Examples of new lines' to help you.

If you're happy and you know it, clap your hands!
(Don't forget to clap, clap!)

If you're happy and you know it, clap your hands!
If you're happy and you know it, and you really want to show it,
If you're happy and you know it, clap your hands!

Feelings Chart



Examples of new lines

- If you're sad and you know it, shed a tear... (pretend to cry!)
- If you're angry and you know it, stomp your feet... (stomp your feet!)
- If you're afraid and you know it, hide away... (hide behind hands!)
- If you're excited and you know it, jump about... (jump up and down!)
- If you're tired and you know it, yawn and stretch... (yawn and stretch!)

Change Going Right! Change Going Wrong!



Listen to these mini stories and decide if the change went right or wrong! Have a guess at how the characters are feeling using the suggested feeling words...



Mini Stories			Feelings
Seán has a new little sister...	... she pulls his hair and cries all night long.		
Ella broke her doll into pieces...	... when she threw it down the stairs.	Change Going Right	Excited
Mike cycled up the road and back again...	... for the first time with no stabilisers.		Sad
Sheila met her new teacher in her new class...	... who showed her how to juggle.		Happy
Tomas noticed his watch was not on his wrist...	... it must have fallen off somewhere.	Or Change Going Wrong?	Embarrassed
Sinéad was lonely for her old friends...	... until she made new friends at her new school.		Worried
Kieran washed his hair with the green bottle...	... but didn't realised it was green paint.		Tired
			Cross
			Calm
			Energetic
			Angry
			Annoyed
			Silly
			Relieved

Stories About Change

We can write stories about change to help us prepare for changes that we are looking forward to and changes this might be challenging.

1. Name the current situation. What's going on now?	2. Name the change that is coming.
3. Name the ways in which this change will have impact.	3. There will probably be a few of these...
4. Name the things you can do to work through the change or learn from the change, or enjoy the change.	4. There will probably be a few of these also!
5. Remember Change is OK! Change happens all the time, to everyone.	

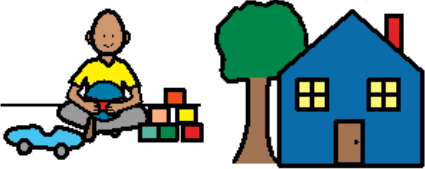



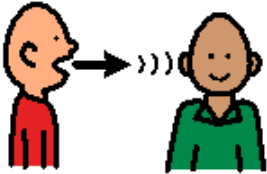
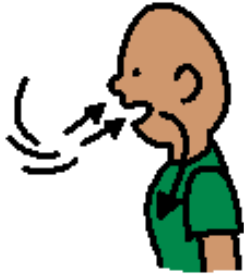


A Baby Sister for Seán



1. Seán lives with his Mammy and Daddy. He loves to go to the park near his house after preschool every day.	2. Soon Seán will have a baby sister. He will be a big brother and then his family will be four people.
3. Seán's Mammy and Daddy will be very busy when his sister comes. Babies need to be minded and they can't get things for themselves.	3. Seán will be able to play with his baby sister when she grows up a bit. At the beginning he can kiss her and gently hug her and sing to her.
3. When his baby sister comes Seán might not be able to go to the park every day after preschool.	4. Seán will learn about and practice waiting and sharing for when his sister comes.
4. Seán and his Mammy will use a timer to pick a time later on for a snuggle and a hug, when his Mammy is busy with the baby.	4. Seán will pick a time to go to the park with his Daddy later if he is busy with the baby, and can't go after preschool.
5. Sean's family will change when he gets a baby sister. Seán is going to be a great big brother and he is great at learning about waiting and sharing.	

Stories About Change

We can draw pictures and build stories to work through any change. See below a story that might help as we all go back to preschool and school.

 <p>This year we spent most of our time at home or outside playing.</p>	<p>Most days we do the same thing. "I feel relaxed."</p> 
<p>Just like when the caterpillar changes in a butterfly, change is about to happen to us too.</p> 	<p>Soon, we will go back to pre/school. I don't always like it when things change. I might feel sad, or scared or angry.</p> 
<p>But there are lots of things I can do if I feel this way.</p>  <p>I can talk to an adult.</p>	<p>I can take a deep breath.</p> 
 <p>I can tell myself 'Everything will be OK'.</p>	 <p>Change happens all the time. My family and friends will help me. I will be OK.</p>

My Change Story

Draw a picture in each box. You can copy or print and cut and glue the images from the next page.

Here is a change that might happen

This is how I might feel

This is what I will do







Everything will be ok.

I will be ok.







My family and friends will help me.

My Change Story

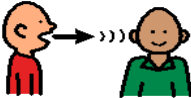


Changes: Here is a change that might happen...

<p>New teacher</p> 	<p>New food</p> 	<p>New baby</p> 
<p>New clothes</p> 	<p>Back to school</p> 	<p>Moving House</p> 

Feelings: This is how I might feel...

<p>Happy</p> 	<p>Sad</p> 	<p>Angry</p> 
<p>Scared</p> 	<p>Calm</p> 	<p>Excited</p> 

Coping Skills: This is what I will do...

<p>Talk to an adult</p> 	<p>Take a breath</p> 	<p>Think "Everything will be OK!"</p> 
<p>What others things can you do? What else do you do in your house to help when change is challenging?</p>		

'Getting Ready for Change'

Life is full of change. Let's get ready for it!





Let's Learn About Change

In this section we will learn about what happens when things change. We will explore how change works and what happens when things change. Then we can relate changes in our own lives better to these experiences. In this section we will see and learn about lots of difference types of change.

- Let's Explore; Ice Melts, Rainbow Lettuce
- Babies and Mammies
- Babies Grow Up
- Exploring Nature Walk
- Life Cycles: Beginning to End
- Matching Game: Growing and Changing

Let's Explore: Ice Melts

This sensory activity is great for fine motor and hand-eye coordination. Talk about how the ice changes e.g. 'First, it's ice. Now, it's water.' 'First it's hard. Then it's liquid.' 'First it's cold. Now it's warm.'

	<p>1. Get a bowl and fill it with ice cubes</p>
	<p>2. Put some warm water in another bowl (make sure it's not too hot!)</p>
	<p>3. Work together to pour or drop warm water onto the ice cubes and watch them change and melt!</p>
	<p>4. Get creative! Use food colouring to dye the water for your ice. Freeze small toys (animals, lego, beads) or berries/leaves/flowers inside the ice. Work together to release the items using the warm water.</p>

Let's Explore: Rainbow Lettuce

This exploring play invites us to watch the lettuce as it changes colour over time. Talk about how the lettuce changes e.g. 'First, it's green. Now, it's red.' 'First it's fresh. Then it's stale.' 'First it's dry. Now it's wet.'

	<p>1. Get some glasses, water, food colouring and lettuce.</p>
	<p>2. Put some water and food colouring in each glass.</p>
	<p>3. Place one leaf of lettuce (stem down) into each glass of water.</p>
	<p>4. Watch over time as the lettuce changes colour as it drinks the water.</p>

Babies and Mammies

Can you work out the Mammy and Baby Animal names?

Find the answers on the next page!



How long do baby animals stay with their Mammies until they decide it's time for a change and go off to learn new things?

Mammy or Baby?		Stays with Mammy for...
Cow or Calf?		2 -3 years
Sow or Piglet?		6 weeks
Cub or Sow?		1 and a half years
Cow or Calf?		16 years
Doe or Kitten?		8 weeks
Lamb or Ewe?		4 months

Babies Grow Up

Before they go to learn new things in the world Baby Animals must learn lots of things from their Mammies.

Can you guess what?

Calf		Rhinoceros calves have to learn how to _____ very fast.
Piglet		Piglets have to learn how to use their snout to _____.
Cub		Bear cubs have to learn how to _____ a tree. (How else would they get their hands on the honey!)

Babies Grow Up

Before they go to learn new things in the world Baby Animals must learn lots of things from their Mammies.

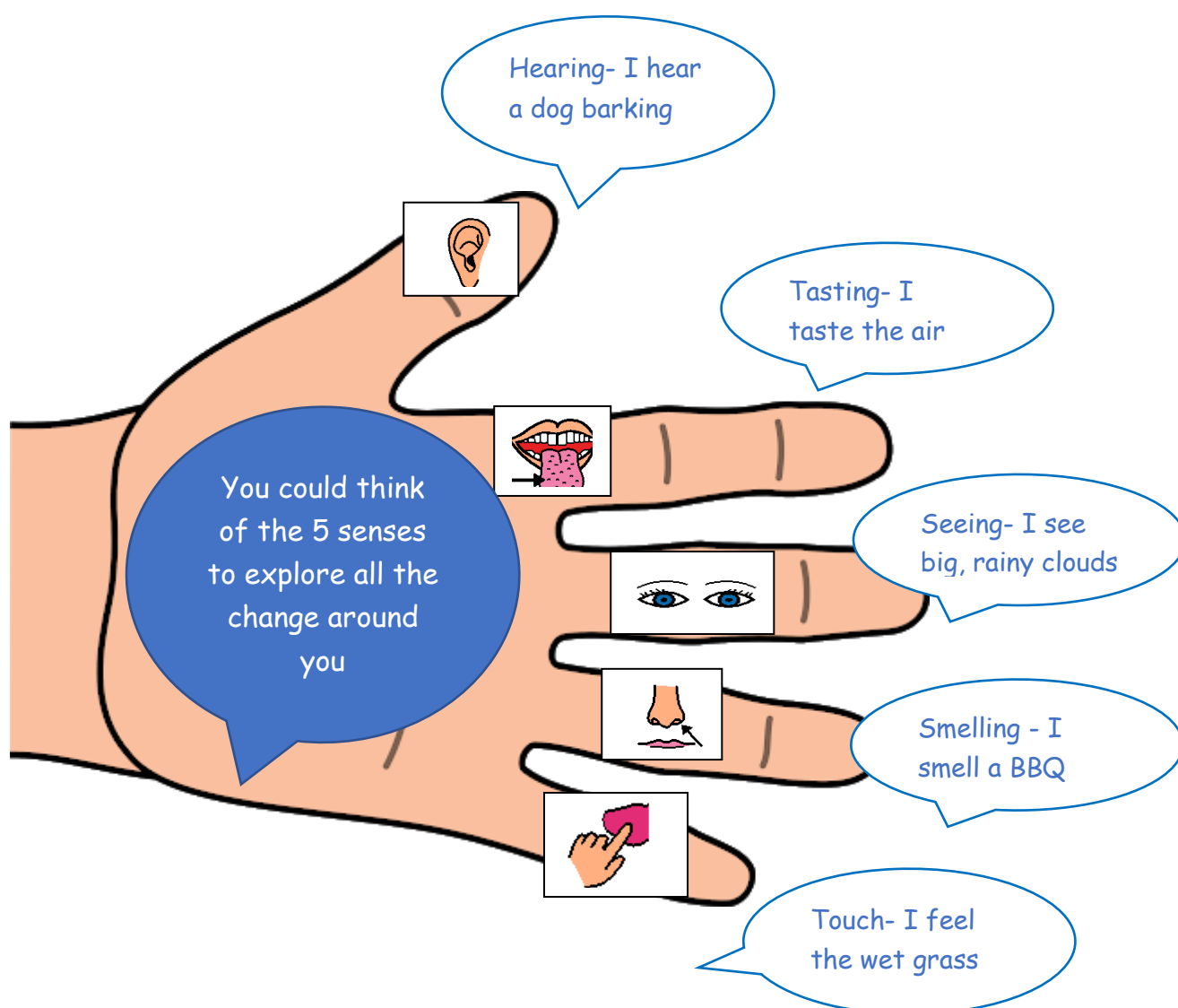
Can you guess what?

Calf		Elephant calves have to learn how to _____ with their trunk.
Kitten		Rabbit kittens have to learn how to _____ carrots!
Lamb		Lambs have to learn how to _____.

Exploring Nature Walk

Every walk with your child is an opportunity to notice and learn about our changing world. When you go on an exploring nature walk try not to have a plan or purpose for your walk, other than exploring. Go at your child's pace and follow their lead when they look at something e.g. a flower. Talk about the flower growing in size, getting bigger and brighter, changing shape. Notice the weather, animals and plants.

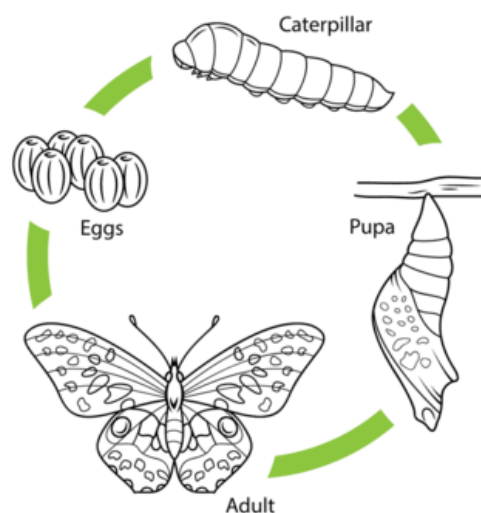
Compliment your child on their exploring skills, and build their independence. "You are very good at finding, exploring, searching, looking, listening, being safe, making decisions, making choices, being gentle, being strong..." The possibilities are endless!



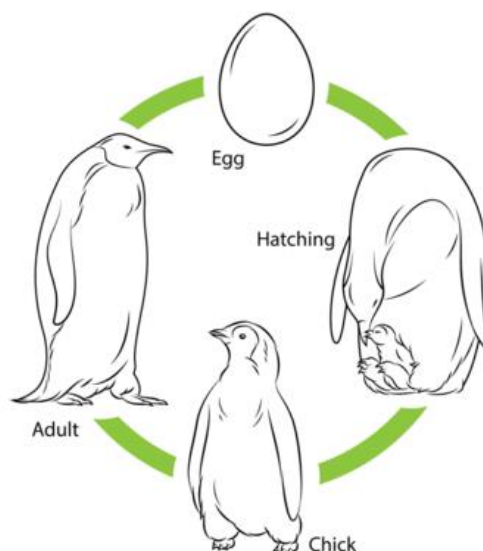
Life Cycles: Beginning to End

Let's talk about the Life Cycle of these animals and insects. What do they look like at the beginning of their life? How do they change? What do they look like when they are all grown up?

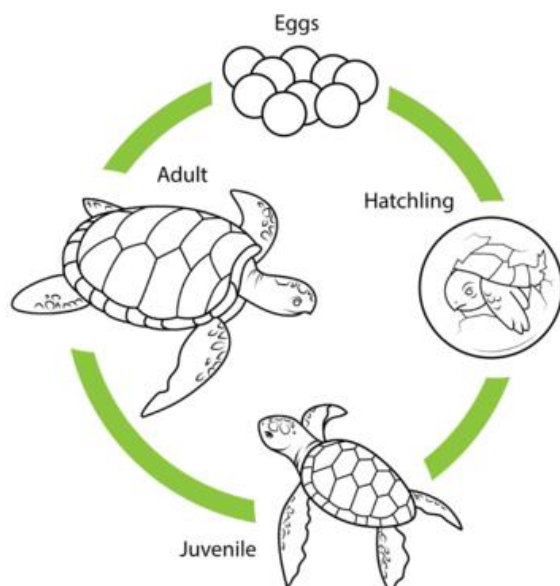
Life Cycle of a Butterfly



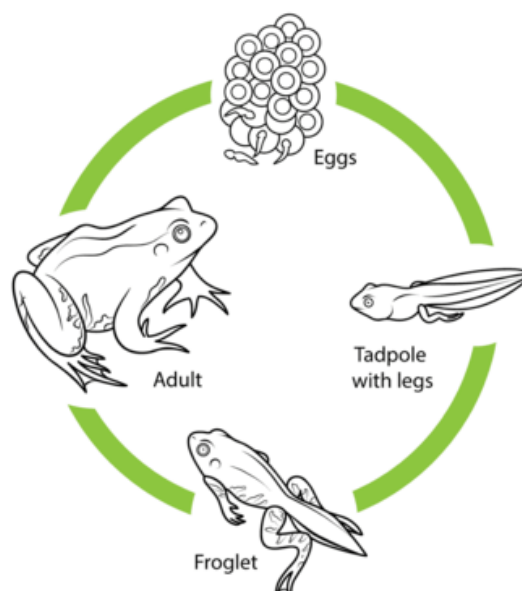
Life Cycle of a Penguin



Life Cycle of a Turtle



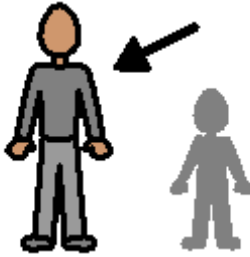




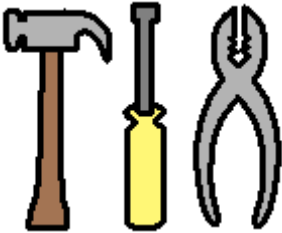






Life Cycle of a Frog



Matching Game: Growing and Changing

Ask your child 'Who would use these things?' Have fun matching the pictures to the 'baby', 'child' or 'adult' while learning about growing and changing!

<p>Baby</p> 	<p>Child</p> 	<p>Grown up</p> 
---	--	---

<p>Bottle</p> 	<p>Fishing rod</p> 	<p>Tools</p> 
<p>Kite</p> 	<p>Pram</p> 	<p>School Bus</p> 
<p>Lawnmower</p> 	<p>Newspaper</p> 	<p>Rattle</p> 

'Getting Ready for Change'

Life is full of change. Let's get ready for it!

Let's Grow into Change

Everybody needs help when they are challenged. Sometimes we can help ourselves. In this section we will learn some skills to take with us to deal with change. These are skills we can use when change is challenging to help us. These games give us a chance to practice these skills. These skills can be used to

- Take a time out
- Build independence
- Learn to make choices and decisions

You will notice there are easier and trickier versions of some of these activities. Do the ones that suit you!

- Animal Yoga: Starting and Advancing
- Big Enough Bingo: Easy and Tricky
- The Weather and My Clothes
- The Weather in My Head: Mindful Moments
- More Mindful Moments
- Let's Plan Our Day
- Keeping Busy: Jobs at Home

Animal Yoga: Starting

Let's pretend to be animals and feel the different ways they move! Some stretch and are big, others like to curl up and are small. Stretching, crawling, jumping, hopping, stomping, slithering and swinging are great for your children's bones and muscles.

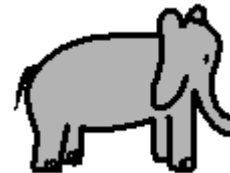
- Stretch tall like a **giraffe**
- How high can you stretch?
- Can you touch the sky?



- Move quietly like a **mouse**.



- Lift your legs and stomp loudly like an **elephant**.
- Louder! I can't hear the elephants!



- Crouch down like a **snail**.
- How small can you become?



- Slither across the grass like a **snake**.
- Lift your head to look up into the trees.



- Swing your body like a **monkey**.
- Pretend you have a tail and swing it from side to side!



- Crouch down and jump like a **frog**!
- Ribbit, Ribbit!



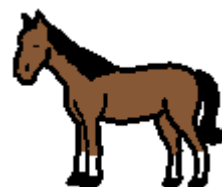
- Hop like a **rabbit**
- Boing! Boing!



Animal Yoga: Advancing

Let's pretend to be animals and feel the different ways they move! Stretching, crawling, jumping, hopping, stomping, slithering and swinging are great for your children's bone and muscle development.

- Fly around like a **bat**
- Stretch your arms wide and move them up and down
- Put your hands and feet on the ground and look towards your toes. Stretch like a **dog** in the morning. Yaaaaawwwwn!
- Gallop like a **horse** as fast as you can! Yipee!!
- Skip on alternating feet like a **monkey**
- Go slowly and softly
- Stand on one foot for 5 seconds or more like a **flamingo**
- Try to keep your balance
- Walk on your tip toes in a straight line like a **cheetah** on a hunt
- Be verrrrrry quiet!
- Jump forward with both feet like a **frog**
- Jump as far as you can
- Ribbit, Ribbit!
- Lie down and spread your arms and legs as wide as you can like a **starfish**.
- See how your body feels after a good stretch!



Big Enough BINGO! (Easy)

Are you Big Enough to do all these jobs?

We will play this game all week! Get a page and hang in on the wall or fridge. Draw a smiley face every day for each 'Big Enough' job that you do! Check before you go to bed: how many smiley faces can you get?

Can you get 'BINGO!' by the end of the week? You have to do all the jobs to get BINGO!



Feed Yourself



Climb Up and Get Down



Wash Your Hair



Put On Your Shoes



Help to Make Dinner



Help to Tidy Up



Help to Do the Washing Up



Help Make the Bed



Help Tidy Away Clothes

Big Enough BINGO! (Tricky)

Are you Big Enough to do all these jobs?

We will play this game all week! Get a page and hang in on the wall or fridge. Draw a smiley face every day for each 'Big Enough' job that you do! Check before you go to bed: how many smiley faces can you get?

Can you get 'BINGO!' by the end of the week? You have to do all the jobs to get BINGO!



Get Dressed by Yourself



Brush Your Teeth



Pack a Bag for Pre/School or a Walk or a Day Out



Tidy Up Your Toys



Help Get Dinner Ready



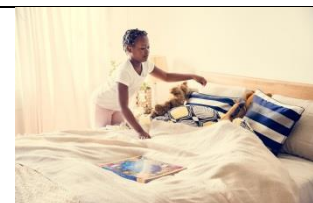
Climb a Tree



Tidy Away Your Clothes



Take Out the Rubbish



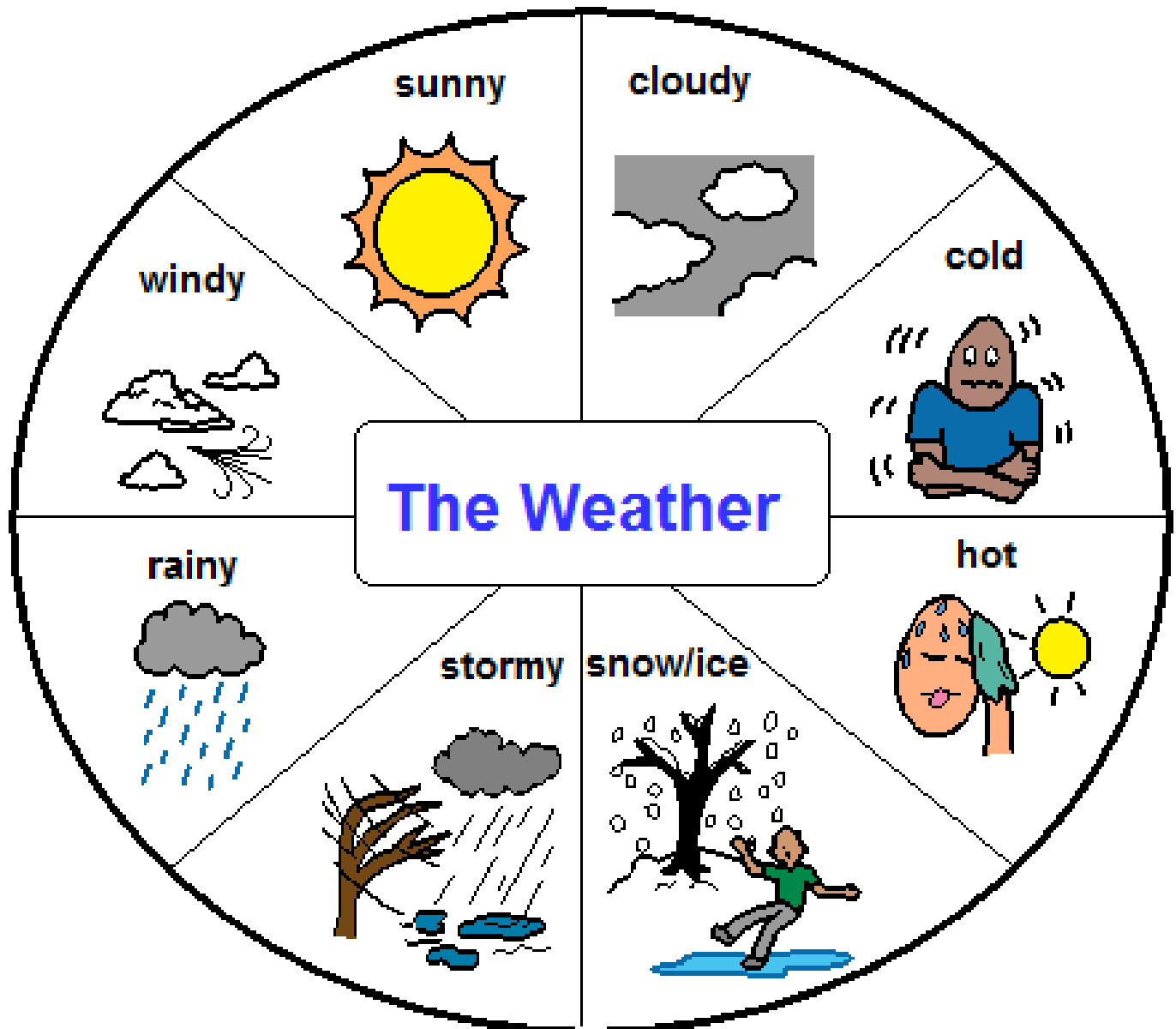
Make Your Own Bed

The Weather and My Clothes!

Good morning! Look outside! What weather can you see?

Find today's weather on the chart. Talk about;

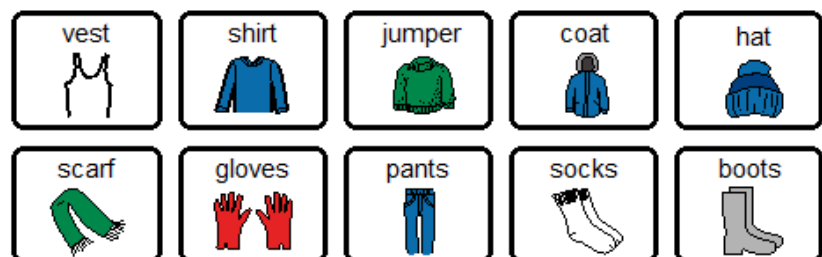
- "Today's weather is _____"
- What was the weather like yesterday? Did the weather change?



The Weather and My Clothes!

It's time to choose our clothes for today! Look at the pictures and talk about;

- Is it cold? Find the cold weather clothes.
- Is it warm? Find the warm weather clothes.
- Is it hot? Find the hot weather clothes.
- Time to get dressed! Together, choose the correct clothing for the weather. Allow your child time to dress as independently as possible. Your child may still need help with small buttons, zips and laces.



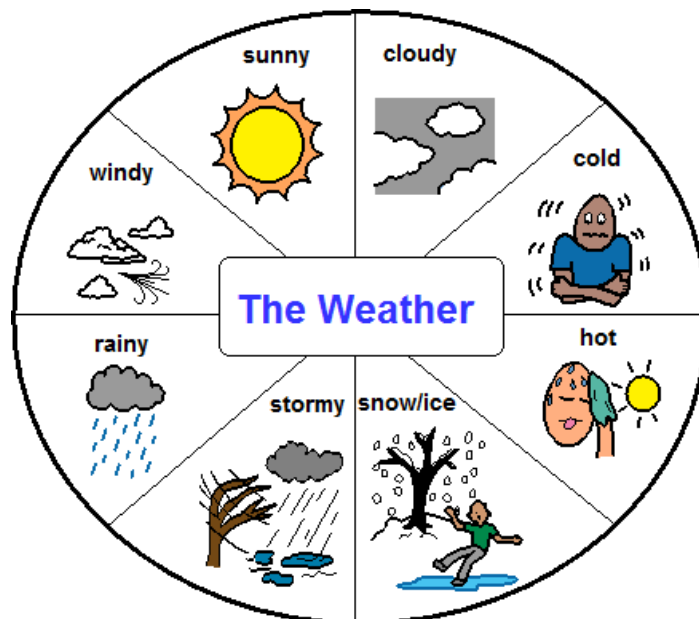
The Weather In My Head!

Talking about the weather (like in the activity The Weather and My Clothes) is a great way to talk about change. The weather (especially in Ireland) is always changing! Along with that, we can't control or change the weather. Talking about the weather is a good way to talk about our feelings too. Our feelings are always changing. And, we can't always control or change our feelings.

"I have a storm in my head today! I am so cross."

"I can feel the sunshine in my mind today. I'm having a great day!"

"The wind is blowing through my brain! I am wide awake and full of energy!"



Mindful Moments are activities that give us a chance to take a time out and to settle or energise our brain and body. Learning to pay attention during Mindful Moments can help us to pay attention to our feelings and can build great listening skills. Try this 'How's the Weather' Mindful Moment to get you started!

Mindful Moments: The Weather In My Head!



'How's the Weather?' Mindful Moment

Invite children to check their personal weather report.
Let's give the weather report that best describes our
feelings at the moment.

Do you feel sunny, rainy, warm, stormy, calm, cold, windy,
balmy, snowy, bright, 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 observe their present state without overly identifying with their emotions. They can't change the weather outside, but they can name it. We can't always change our emotions or feelings, but we can name them.

More Mindful Moments

Balloon Breathing Mindful Moment

Place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through your nose, as you slowly breathe out through your mouth, spread your hands out and pretend to blow up a great big balloon. Every time you breathe out, spread your hands further, and pretend your balloon is getting bigger and bigger! Once your balloon is as big as it can be, release your balloon up into the sky. Watch your balloon float away!

Blowing Bubbles Mindful Moment

For this activity you can use homemade or bought bubbles, 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, 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 bubbles to get familiar with blowing and with deep slow breathing.

Breathing Buddy Mindful Moment

Practice with a breathing buddy; a teddy or stuffed toy. Invite each child to take a teddy to be their breathing buddy, and then lie down on their back with their buddy on their belly. Practice pushing out your tummy as you breathe in deep breaths. Focus attention on the rise and fall of the stuffed animal as you breathe in and out. With a baby or toddler model deep breathing for them and use a soft toy to move up and down their bodies as you breathe deeply; In (teddy gently moves down tummy) and Out (Teddy moves back up tummy).

More Mindful Moments

Elephant Breathing Mindful Moment

Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. Notice the weight of your "trunk" as it dangles in front. Notice the strength in your legs and back that keeps you from toppling over. As you breathe in deeply through your nose, raise your arms up high above your head. Notice how the muscles in your tummy are working to keep your trunk high in the air. Then slowly swing your arms down again as you breathe out through your mouth.

Five-Finger Starfish Mindful Moment

Invite the children to hold up one hand in a starfish position (fingers spread wide) and to hold up a pointing finger from the other hand. Start with your palm facing you, begin at the thumb, and breathe in deeply as you trace your pointing finger up the thumb; breathe out as you trace your finger back down the thumb. Again, take another deep breath in as you trace your finger up your index finger, and breathe out as you trace your finger slowly down again. Continue guiding the children to slowly trace up and down the remaining fingers with each deep breath.

Carry out the same technique on the other hand and swap tracing fingers. By the time you are finish you will have taken 10 deep breaths.



More Mindful Moments

Five Senses Mindful Moment

To prepare for this Mindful Moment have ready at least one thing that you can taste e.g. blueberries. Depending on your environment you might want to change the order of this mindful moment e.g. if there are lots of noises or you have more than one thing ready to taste.

We are going to use our five senses to experience where we are. After each turn you can turn to tell someone else what you found.

Take a quiet moment to find 5 things that you can see.

Take a quiet moment to find 4 things that you can feel.

Take a quiet moment to find 3 things you can hear.

Take a quiet moment to find 2 things you can smell.

Take a quiet moment to find 1 thing you can taste.

Gratitude Mindful Moment

Let's say "Thank You" for all the parts of our body helping us to listen and to learn. Let's say "Thank You" to those who help us every day.



Thank you eyes! Let's gently rub our eyes.

Thank you ears! Let's gently rub our ears.

Thank you brain! Let's give our head a nice massage while we thank our brains.

Is there anybody that you would like to send a silent thank you to?

Let's gather our "Thank Yous" up into your hands and gently lift it up and send it off to the people who we want to thank.

More Mindful Moments

Mindful Jar Mindful Moment

The Mindful Jar is fun to make together. Using a jar or a bottle, add a few squirts of baby shampoo and some glitter and top up with water and a drop of food colouring. Seal the container, gluing the lid shut, and shake to mix in the baby shampoo. The more shampoo you use the longer it takes for the glitter to settle. If you are feeling ambitious, every child in the house or class could have their own mindful jar.



Use the jar in lots of ways:

Calming the Brain

The swirling glitter is very calming as it falls to the bottom of the bottle, for both kids and adults. If you're feeling agitated try it for yourself. Shake the bottle too. It feels just as good as watching the last few specks of glitter fall to the bottom of the bottle.

Learning About the Brain and Emotions

You can use a Mindful Jar as a tool to explain how the emotional brain works. When your emotions are rising up, the brain (the jar) floods with feelings (the glitter) and you can get stressed (shake the Mindful Jar). As you breathe, the stress leaves (the glitter settles to the bottom of the Mindful Jar) and you feel calmer making it easier to think again.

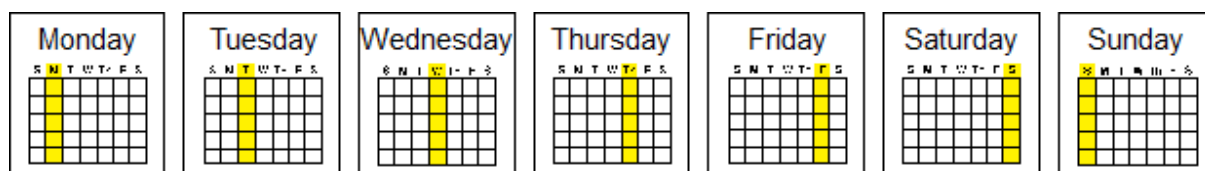
Time Out

Use the Mindful Jar to take a minute's break in the middle of a busy day. "Let's all take a break until the glitter in the Mindful Jar has calmed-down and settled and then we will start our activity again."

Let's Plan Our Day

Help your child prepare for change by developing independence in daily routines. As you talk to your child about the plan for the day ahead, point to the pictures or make your own daily schedule (see next page).

1. Today is;



2. We must;
























3. Choose one fun activity! (offer two options, such as);



Let's Plan Our Day

4. Get a pen and paper! Draw or write out your plan for today and post it on the fridge. Check off the routines as you go. You can make a morning, afternoon and evening schedule. For example;

morning	afternoon	evening
		
get dressed 	lunch 	set table 
breakfast time 	clean table 	dinner 
brush teeth 	play outside 	wash dishes 
Go for a walk 	arts & crafts 	shower 
wash hands 	tidy up 	bedtime story 
play 	relax 	bedtime 

- Remember; you don't need fancy pictures for your daily schedule. Simple line drawings are perfect!



Keeping Busy! Jobs at Home!

Game 1: Can you remember?

You will need two or more people to play this game!

Take it in turns to name a different job you do in the house, but the tricky part is you have to say what the person before you said!!



Example: I do the washing up...

Then the next person must say, "I do the washing up AND I Hoover the hall. The next person must say, "I do the washing up AND I Hoover the hall AND I make my bed." *Listen carefully and try and remember!!*

Game 3: Weekly Job!

Pick a new job every week to do so you can learn how to be helpful and help yourself. Jobs at home are a great way to build independence and confidence.



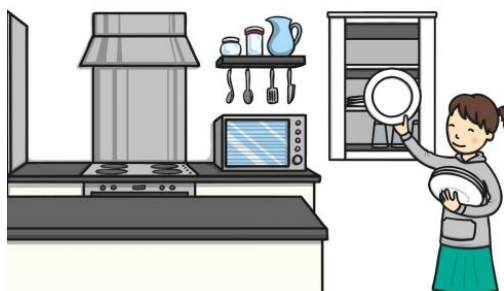
My Reward Chart

My name is _____



Monday									
Tuesday									
Wednesday									
Thursday									
Friday									

Here are some examples of jobs that can be done at home!



Keeping Busy! Jobs at Home!

Game 3: Act it Out!

Take it in turns to act out the different jobs you do around the house see can the others guess what you do!

These are some of the jobs you can act out:

- Doing the washing up
- Emptying the bin
- Putting away the dishes
- Dressing your bed
- Tidying up your toys



Pretend that you are brushing up the dirt on the floor



Pretend that you are cleaning the window, make sure there's no strikes!



Pretend to tidy up all the heavy toys on the floor and put them into a box



Pretend that you are raking up all the leaves and rubbish in the garden



Pretend to wash and scrub the dishes to make your mom super happy!



Pretend to put all the cans and plastic bottles into a rubbish bag

Happy Talk

'Getting Ready for Change'

Pack!



Life is full of change. Let's get ready for it!

Happy Talk is a part of the HSE Primary Care Speech and Language Therapy Service, based in North Lee, and working across Cork City. Happy Talk seeks to support language, literacy and learning skills in children aged 0 – 6 years. Happy Talk is part of the HSE Cork Kerry Community Healthcare services.

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