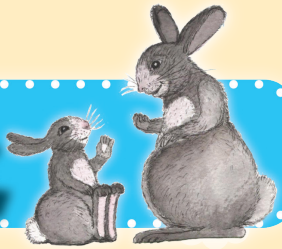


Happy Talk



Let's get Listening and Face-to-face

There are lots of things that can help us listen and pay attention. In Happy Talk the Listening Tools include our whole body.

While I might look with my eyes, I might also look away, look at something interesting, or even close my eyes... and still listen really well!

While I might keep my mouth closed, I might also make sounds or repeat words. This can help me understand what you are saying... and still listen really well!

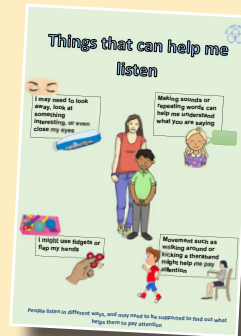
While I might keep my hands and feet still, I might also move my

body, hold or fidget with something, walk around, turn on the spot... and still listen really well!

Listening is different for everybody! Practicing listening helps everybody too!

Our favourite way in Happy Talk to stay connected is to get face-to-face.

When we are face-to-face with our child we learn more, listen better and have more fun. When we are face-to-face we can chat and laugh, play and sing. These days we have to use our imaginations to get face to face. Try these games to stay connected with friends, families and yourself!



March 2021

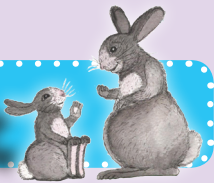
| M | T | W | T | F | S | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |



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



Happy Talk



March 2021



Mindful Moment

Stretch and Smile Mindful Moment

You can do this mindful moment together in the mirror, through a window or even on a video call!

Let's stand tall. Raise the right arm above the head and *s-t-r-e-t-c-h*... count to five.

Raise the left arm above the head and *s-t-r-e-t-c-h*... count to five.

Let's hold that stretch... both arms in the air... count to five.

Let's *s-t-r-e-t-c-h* the right corner of the mouth up towards the right ear. And *s-t-r-e-t-c-h* the left corner of the mouth up towards the left ear. Hold the stretch.... and *S-M-I-L-E!*

RHYME / SONG

Face to Face

I sit here, you sit there,
In this special place,
I see you, you see me, 'cause we're face to face!

Mouth goes mwah (make a kiss), Nose goes beep (press nose like a button),
Close your eyes like you're asleep!
I see you, you see me, 'cause we're face to face!

Tongue sticks out, Teeth go snap (make biting action),
Use your hands to make your ears go flap!
I see you, you see me, 'cause we're face to face!

Lift your head, Tap your chin,
Pretend a funny joke just made you grin,
I see you, you see me, 'cause we're face to face!

Close one eye, Make a frown,
Move your head so you're looking down,
I see you, you see me, 'cause we're face to face!

Nod your head, Give it a little shake,
Pretend that you are eating cake!
I see you, you see me, 'cause we're face to face!

Open your eyes wide, Make a wink,
Pretend there's something making a stink!!
(Hold your nose! Pew!)
I see you, you see me, 'cause we're face to face!

Through the Window Games

Tic Tac Toe

Use whiteboard markers to play Tic Tac Toe on a window! If you're the player outside wrap up warm!

Copy Cats

Be copy cats through the window. One person is the leader and everybody else must copy what they do. Add props to make this more fun e.g. a towel, a cup, a ball.

Musical Statues

Open the window slightly and play music on your phone or radio so that everyone can hear and you can play musical statues together. Keep an eye on each other to see if anyone moves when the music stops.

Mirror Games

Feeling Faces

Draw some emojis on pieces of paper, and put them in a bag or basket. Take them out one by one and practice making these faces in the mirror.

Funny Faces

What are the funniest faces you can make together in the mirror? Use your tongue, lips, cheeks, eyes and nose.

Why So Serious?

While looking in the mirror see who can keep a serious face for the longest time. Try not to laugh! Can you do this with other feelings: shocked face, cross face, surprised face, happy face!

