

Happy Talk



Language Activity: Exploratory or messy play

Have you heard of exploratory or messy play?

It's exactly what it sounds like... play that includes exploring, and is often messy. The Summer time is a great time to take messy play outside!

Taking part in messy play provides children with opportunities to use their senses in a way that inspires curiosity and allows them to explore the world around them. Children learn through experimenting and discovering, and messy play encourages children to explore new textures. The only limit is your imagination!



Try out these “messy” activities with your child

Jelly

Add food colouring to jelly to make the colours of the rainbow

Add small toys to the jelly before it sets and children can be encouraged to dig them out (with fingers or spoons, or little trowels!)

Freeze the jelly in ice-cube trays and then slowly add water until it melts!

Pick up handfuls of jelly and make loud squelching noises – see whose jelly makes the most noise!

Stretchy dough

Slowly add warm water to self-raising flour and mix to form a soft stretchy dough.

Work together – stretch it as far as you can into a long rope

Practise cutting skills with little scissors to make cakes

Drive tractors and trucks over the dough to make tracks

Use tools (saws, hammers, chisels) to make the dough into new shapes

Add colour to the dough to make sweets for a teddy bear's picnic

July 2025

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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 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."

Rhyme Time Voices and Games

You Can Learn Words SO FAST!

When you play a game that lets you point to the word you are saying, you learn words so fast!

When you sing a rhyme and act out what is happening in the rhyme, you learn words so fast!

When you repeat the rhyme and sing / say it lots of times, you learn so fast!

When you play and have fun and joke around, you learn words so fast!



Rhyme Head, Shoulders, Knees and Toes

