

# Happy Talk

## Silly Rhymes and Stories

We love silly rhymes and stories in Happy Talk. Try these games to practice listening and playing with rhyming words.

**Change the First Sound in Your Name** (to the tune of 'London Bridge is Falling Down')

Change the first sound in your name,  
In your name, in your name,  
Change the first sound in your name,

What's your new name?  
Aoife can become Beeefa, Cheefa,  
Meefa, Leafa!  
Nibbles can become Tibbles,  
Wibbles, Gibbles, Bibbles!  
As you'll notice with the name  
'Twitch' you have to be careful with  
the sounds you choose in this game.  
(We'll leave you work that one out for  
yourself!)

**Listening for Silly Billy Mistakes**  
When you are singing / saying  
rhymes, or telling familiar stories,  
invite the children to listen and  
notice when you make a Silly Billy  
Mistake!

For example:  
'Once upon a time there were three  
bear; Mammy Bear, Daddy Bear and  
Fairy Bear!'

'Baa! Baa! Black sheep, have you any  
pizza?'


When children hear a Silly Billy  
Mistake they can:

- Point to their nose
- Pat their head
- Jump up and down
- Give you a thumbs down
- Call out 'Silly Billy!'



### March 2023

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		

17 Mar ● St. Patrick's Day 

For further information visit:  
[www.hse.ie/happytalk](http://www.hse.ie/happytalk)

# Happy Talk



## March 2023



### Rhyme

#### Hickory Dickory Dock

Hickory dickory dock,  
The mouse ran up the clock,  
The clock struck one,  
The mouse ran down,  
Hickory, dickory dock!  
Tick tock!

The clock struck two,  
he did a poo!  
The clock struck three  
he did a pee!  
The clock struck four,  
he did a snore!  
The clock struck five,  
he did a dive!



### Rhyme Time Voices and Games

#### Silly / Funny Rhyming Words

When you play with rhyming words have fun, be silly, and make up new words. With this month's rhyme you can get very silly with the Hickory Dickory Dock mouse!

### Mindful Moment

#### Smiling Brain Mindful Moment

Invite the children to practice breathing in and out slowly. Every time we take a deep breath in we can try and fill our whole body up with fresh new air. Our brain is smiling because it loves looking and seeing with our eyes and it loves feeling with our hearts. Let's smile to our eyes and heart to say a 'Thank You!' from our brain.

After a few deep breaths, invite the children to take a deep breath in and imagine the air reaching their eyes. Invite the group to smile to their eyes because they help us to look and see every day. Take some deep breaths in and out while saying "Thank you eyes".

Next invite the children to take a deep breath in and imagine the air reaching your heart. Invite the group to smile to their heart because their heart is full of love and happiness and fun and laughter. Take some deep breaths in and out while saying "Thank you heart".

Practice this activity every day this month using a different body part, invite the children to suggest the body part that you are thanking each day.

