

# Happy Talk

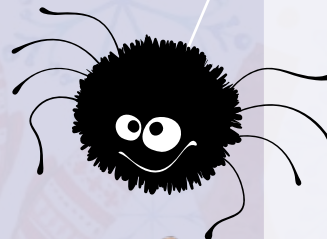


## Let's Get Creative!

**This month we invite you to use your imagination (or get online!) and see if you can find a new way to making this month's rhyme come to life:**

- Can you make a bouncy spider? (Made with a paper bowl and long strips of zig zag black paper for the spider's legs! Push the bowl and the spider will bounce!)
- Can you make a hanging spider? (Put a hook in the ceiling and tie a long piece of string to the spider, threading it through the hook. This way, the spider can be lowered down by whoever is holding the string. Let the children take turns sitting and eating under the hook, while another child lowers the spider down to give them a fright!)

- Can you find a very shocked Little Miss Muffet? (Draw, paint or colour a shocked face with an open mouth and wide eyes!)
- Can you make a spider using an egg carton and some black pipe cleaners? (Does this remind you of your childhood? This was a very common activity in Ireland! Take a stroll down memory lane and tell the children what you made when you learned Little Miss Muffet!)



## November 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			

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

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## November 2023

### Mindful Moment

#### 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.



### Rhyme

#### Little Miss Muffet

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

### Rhyme Time Voices and Games

#### Poor Miss Muffet!

Change the animal and add new rhyming words!

Along came some mice,  
And ate all her rice!

Along came a llama,  
Who chewed her banana!

Along came a bear,  
Who gobbled her pear!

Along came a parrot,  
Who crunched up her carrot!

Along came a bird,  
Who pecked at her curd!

