

Happy Talk

Listening and Waiting

In Happy Talk we use the **Happy Talk Listening Rules** to help us listen and wait. These rules give us something to do when we are listening, and give us something to praise when we want someone to listen to us.

When you use good listening talk about it!

‘I am listening with my ears.’

‘I am looking with my eyes.’

‘Wait, before you tell me your story I want to sit down so I can keep my hands quiet and feet on the floor, because I really want to listen to your story.’

When you see good listening praise it!

‘Thank you for looking with your eyes and listening to me.’

‘I can see you are keeping your hands still and feet on the floor while you listen to me.’

‘That was excellent waiting! I can see you were using the listening rules to wait quietly.’

Happy Talk Listening Rules

Look with your eyes,
Listen with your ears,
Mouth is closed,
Hands are still,
Feet on the floor.



January 2021

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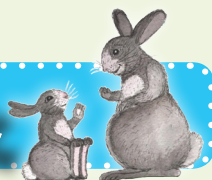
1 Jan ● New Year's Day

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

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Games

Shoulders, Nose, Bum and Toes!

Pick a leader and everybody else must listen. When the leader calls 'Ready' everybody has to freeze and listen to the leader. When everyone is listening the leader will call out a body part.

Nose: touch your nose.

Shoulder: two hands on your shoulders.

Bum: sit on your bum.

Toes: touch your toes.

The last person to complete the action gets a score and whoever has the least points at the end of the game wins.

This game can also be played in the classroom where you have to touch items:

Chair, bag, wall, floor.

Or played outside:

Grass, stone, wall, leaf.

It can even be played at home in your bedroom:

Bed, floor, pillow, door!

Rhyme / Song

If You're Happy and You Know It!

If you're happy and you know it
clap your hands (x 3),
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!

Write some possible actions on pieces of paper (or draw simple pictures representing the action) and put them in a basket or a bag.

Pick one out for each verse of the song. Wait until everyone is listening and showing good waiting before starting the next verse!

- Clap your hands
- Wave hello
- Scratch your head
- Stamp your feet
- Turn around
- Nod your head



Mindful Moment

Listening for Sounds Mindful Moment

Take a silent moment between activities. Take a moment to quiet down and sit still, and take 5 deep breaths.

Can you hear your breath going in and out of your body? Can you hear other sounds inside the room?

Quietly tell someone what you can hear inside the room.

Now, listen for sounds outside the room. Can you hear other people, traffic, weather?

Quietly tell someone what you can hear outside the room.

