

# Welcome to the Happy Talk Summertime Pack!



Happy Talk is a part of the HSE Speech and  
Language Therapy Service.

Happy Talk seeks to support language, literacy and  
learning skills of young children.

## Welcome to the Happy Talk Summertime Pack!

This pack contains ideas and activities to play and use at home to help develop early language, literacy and learning skills.

We hope you enjoy these resources, and send photos of your drawings, make and do and stories to [aoife.oshea@hse.ie](mailto:aoife.oshea@hse.ie), by text or Whatsapp to 0876440177 or on Facebook (Happy Talk).

We look forward to seeing our regular Happy Talkers again in Cork City! Please note however, we are happy for this resource to be shared far and wide, and hope as many people as possible share and enjoy it.

All materials used in this pack are either generated by Happy Talk - HSE or are free to download online. The activities in this pack are intended for children aged 4 - 8 years.

## Happy Talk Mindful Moments

Happy Talk Mindful Moments are a chance to take a time out and to settle or energise your brain and body. Learning to pay attention can build great listening and learning skills. In these times it is normal to feel a little worried, and so a Happy Talk Mindful Moment is a great way to remain calm.



### Growing Flower Buzzing Bee Mindful Moment

For this Mindful Moment we are going to pretend to be a growing flower.

Sit comfortably with a straight back. Your straight back is the stem of the flower.

Take a deep breath. Your lungs breathing deeply are like the leaves on the stem. They are taking in oxygen to help your flower grow.

Lift your face to the sky or ceiling. Close your eyes and imagine the sun on your face. Your face is the flower feeling the sun shining down and keeping you warm. Keep breathing and feel your flower grow and stretch up towards the sun. What a beautiful flower!

Sometimes, when you try to take a quiet Mindful Moment lots of thoughts and ideas buzz around your head like a buzzing bee.

That's ok! Notice the buzzing bee, what are the things that are distracting you. When you are ready gently blow that bee away, and think about being a growing flower again!



## Summertime Rhymes and Songs



### The Ice-Cream Song



Ice-cream, ice-cream in a bowl,

(Make 'bowl' with hands,

Ice-cream, ice-cream nice and cold,

(Pretend to shiver,

Ice-cream, ice-cream what a treat!

(Pretend to eat ice-cream with a spoon,

Ice-cream, ice-cream good to eat!

(Rub your tummy)



## Mr. Sun Song

Oh Mr. Sun, Sun, Mr. Golden Sun,  
(Make a big circle with arms)

Please shine down on me!

(Point hands to sky and look up)



Oh Mr. Sun, Sun, Mr. Golden Sun,  
(Make a big circle with arms)

Hiding behind a tree.

(Cover face with hands)

These little children are asking you,  
To please come out, so we can play with you!  
(Jump in the air)

Oh Mr. Sun, Sun, Mr. Golden Sun,  
(Make a big circle with arms)

Please shine down on me!

(Point hands to sky and look up)

## What is it? It's Summer!

It's sun and shade,  
It's water to wade,  
It's frogs and bugs,  
It's friends and hugs!  
What is it? It's Summer!



It's eating outside,  
It's a tree-swing ride,  
It's tomatoes and corn,  
It's dew in the morn!  
What is it? It's Summer!

It's games and toys,  
It's lots of noise,  
It's a hot, sunny sky,  
It's birds and bees flying high!  
What is it? It's Summer!


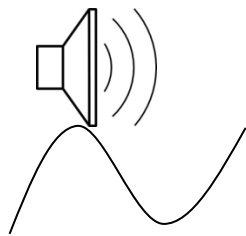

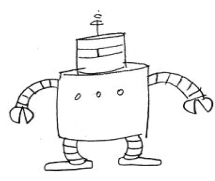











# Rhyme Time

## Voices and Games

Say the rhymes using the following games and activities.

<p>Whisper</p>  <p>WHISPER</p>	<p>Loud-Soft-Loud</p> 	<p>Laughing</p> 
<p>Robot Voice</p> 	<p>Silly Voice</p> 	<p>Slow Motion</p> 

When it gets a bit easier try these games:

<p>Tap/drum/clap out each beat</p> 	<p>Tap/drum/clap out each word</p> 	<p>Say every second word with your child</p> 
<p>Leave words and see can your child fill the gaps</p> 	<p>Make mistakes and see does your child spot them</p> 	

## Happy Talk Listening Rules

Look with your eyes

Listen with your ears

Mouth is closed

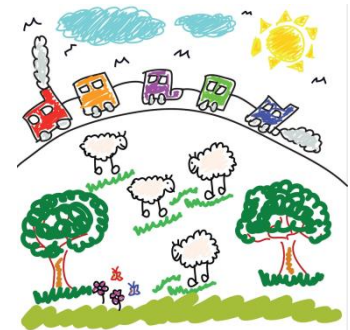
Feet on the ground

Hands are still



## Listen and Draw the Same!

For this game one person gives instructions and everybody else must listen and draw. See can you draw the same picture. No peaking at anybody else' drawing! Listen carefully!



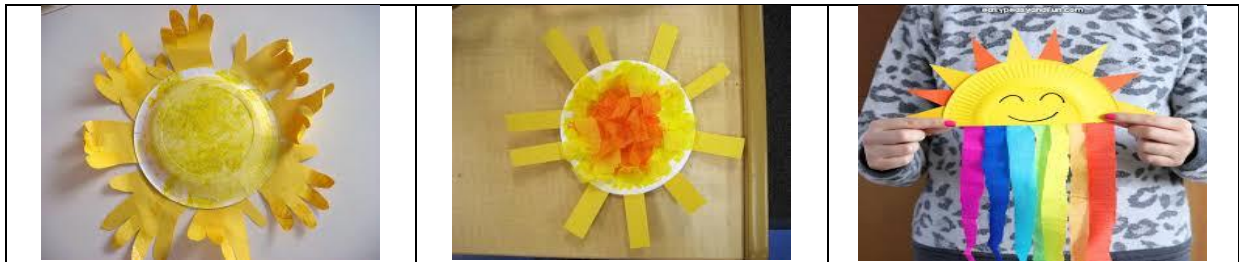
Picture 1	Picture 2
Draw a boy in the middle of the page. He is wearing a yellow t-shirt and red shorts.	Divide the page in half to show a beach (half is blue water, half is yellow sand).
Draw the green grass that the boy is standing on.	Draw a small red boat in the water.
Draw a football with red spots up in the air.	Draw big square pink towels on the sand.
Draw the goalposts at the side of the page.	Draw a small sandcastle on the sand.
Draw a girl in a blue t-shirt standing in the goal.	Draw a bottle of lemonade on the big pink towel.
Draw one white cloud and a blue sky over the game of football.	Draw two people swimming in the water.



## Paper Plates Make and Do!

Take a paper plate, some colours, a scissors and your imagination, and off you go!

### Sun in the Sky!



### Sailing in the Sea!



### Jellyfish!





Summertime is the perfect time for a Teddy Bear's Picnic!  
And, Teddy Bear Picnics are the perfect time for pretending! Are you ready to use your imagination?!

Gather all your teddy bears, dolls, action figures, animals or whatever toys you want to invite to your picnic. You will need a picnic blanket (a towel or sheet will do!), some cups, plates and food of course! If you want you can cut up some pictures of food and pretend to eat all the food in those pictures at your picnic!

I bet your teddy would love to eat some of the things in your local supermarket catalogue! How about some chicken drumsticks or mangoes at your picnic? Get your scissors and get cutting!





Do you know the Teddy Bears Picnic Song? Check it out online! You'll find it on Youtube!

If you go down in the woods today,  
You're sure of a big surprise,  
If you go down in the woods today,  
You'd better go in disguise!  
For every bear that ever there was,  
Will gather there for certain,  
Because today's the day the,  
Teddy Bears have their picnic!

## Teddy Bear's Picnic Problems:

### Oh No! What are you going to do?

Let's see how we will solve these  
Picnic Problems!



Oh! No! When you open your picnic basket you notice the lemonade has spilled all over everything! Everything is wet and so sticky! What are you going to do?

Just as you get ready to eat your sandwich you notice there are ants all over the picnic blanket. The ants want a picnic too! What are you going to do?

Oh! No! You are ready for dessert and take out a lovely cake. But... you forgot a knife to cut the cake. What are you going to do?

When you are finished your picnic you notice there is lots of rubbish and left overs all over the picnic blanket, and even on the grass! What are you going to do?





## Funny Ice-Cream Flavours!

### True or False?

Can you guess if these funny ice-cream flavours and names are true or false? Take a page and write 1 - 20 down the side. Next to each number write a T for True or F for False and check the answers on the last page when you are done!

- |                    |                       |
|--------------------|-----------------------|
| 1. Black Walnut    | 11. Black Pepper      |
| 2. Roasted Tumeric | 12. Avacado           |
| 3. Sweet Corn      | 13. Olive Oil         |
| 4. Buttermilk      | 14. Guinness          |
| 5. Goat's Cheese   | 15. Horseraddish      |
| 6. Catching Fire   | 16. Coconut Curry     |
| 7. Black Sabbath   | 17. Basil             |
| 8. Blue Moon       | 18. Strawberry Fennel |
| 9. Lobster         | 19. Chilly            |
| 10. Cardamom       | 20. Bacon Maple       |

## Headbands: What am I?

Do you know how to play headbands?

Let make the game and then play it!



**Materials:** Paper, scissors, colours, hairband.

First we have to find or draw some pictures and cut them out.

We are looking for Summertime words!

- a sun 
- an ice cream 
- a sunhat 
- a shell 
- sun cream 
- sunglasses 
- shorts 
- t-shirt 
- watermelon 
- flipflops 

Use a piece of paper or elastic or anything you can think of to make a headband to keep the pictures in place!





## Head Bands Instructions

Each player takes a turn to take a card without looking at the picture. Stick card to head with a hairband. Remember, no peaking! When you have the picture on your head you are the '**Guesser**'!

Everyone else can see the picture and they are the '**Players**'!

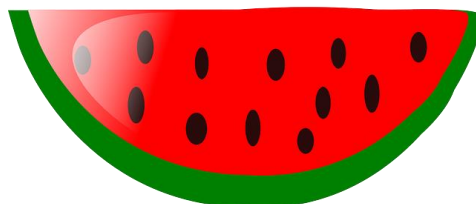
There are two ways to play:

1. The **Guesser** (with the picture on their forehead) can ask questions to try and guess what the picture is.
2. The **Players** can give hints to the **Guesser** to see if they can guess what the picture is.

**To get you started?** Always start by asking or talking about the group (or category).

1. The **Guesser** can ask: Is it a food or clothes? Is it fruit or vegetables?
2. The **Players** can say: It is a food. It is a fruit. It is red and green. It's very juicy. It feels smooth on the outside. It is the size of a football. It tastes and smells sweet. It has black seeds. We eat it in the Summertime.

**Sample hints:** Describe colour, feel, smell, texture, size, where it belongs.



## Let Move! Action Charades!

We are going to practice some action words first, and then we are going to pretend to be animals doing those actions!

**Materials:** Paper, Scissors, a bag.

Write different action words on pieces of paper & put them in the bag.

Doing words like:

• run



• walk



• eat



• smell



• shout



• laugh



• jump



• swim



• climb



• taste



### How to Play

1. Sit in a circle pass around the bag so each person can take a turn.
2. Take a word and act it out. Can everyone guess what you are doing?
3. Next round; pick a word, and whisper it to the next person along with an animal e.g.

The elephant is smelling

The dog is eating

The cat is swimming

The monkey is walking

The mouse is shouting

The spider is climbing

See can the others guess the animal and the action!

## Let's Go Exploring

Let's get some fresh air! To go exploring we can make a telescope, binoculars and a magnifying glass.

### Homemade Telescope

- Get a cardboard tube (empty kitchen roll/toilet roll etc.) or a piece of paper and roll it up.

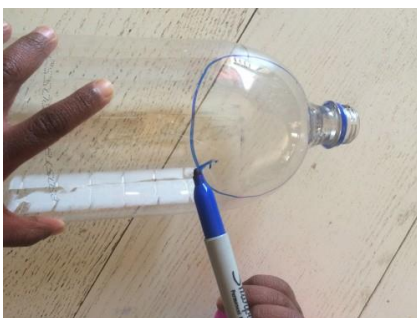


### Homemade Binoculars

- Take two toilet roll inserts and tape them together. Use a piece of string to keep them around your neck.



### Homemade Magnifying Glass



- This make and do job definitely needs to be done together with a grown up.
- Take a plastic bottle and cut out a circle like below. Add some water to the lens and away you go!

<https://www.greenkidcrafts.com/diy-magnifying-glass/>

## Let's Go Exploring

Let's go outside and explore the flowers, plants, animals and insects!

Every time you go exploring bring an 'Exploring Notebook' with you. Keep a record of what you see.

Before you go exploring you can download flower, plant, insect or bird identification apps onto your phone to help you.

- How many different **flowers** do you see?
- Do you know what they are called? (Look it up online!)
- What colour are the flowers?
- What do the flowers smell like?
- Do you know what makes the flowers grow?
  
- What other **plants** can you see?
- Are they big or small?
- Are they wild plants? Are they weeds?
- What colours are their leaves?
  
- What **animals** can you see? Don't forget to look up and look down!
- How many **insects** can you count?



## Water Prints Disappear!

**What you need:** Bucket of water and concrete footpath/wall.



On a sunny warm day bring a bucket of water outside. Put your hand in the bucket of water and press hand against the ground. You can see your **handprint!**

### **Did you know?**

No one in the world has the same finger prints as you!  
You have 27 bones in your hand!

### **Did you know?**

Your toes help you walk and keep your balance!

Next, put a foot in the bucket and press your foot onto the ground. Now you can see your **footprint!**



## Now Let's Wait

After you have made lots of hand and foot prints go inside and wait for 1 hour. Come back out and look for your handprint and footprint. They are gone! Why is this?

### **Evaporation**

When water gets hot, it evaporates into the air. You can see water become steam when the kettle boils and when you are cooking.

You made water hand and foot prints on the ground. The sun was shining on your hand and foot prints and the air was warm! It was so warm the water got hot enough to lift off the ground and go into the air and up into the sky. Your prints evaporated.

When water evaporates and goes up into the sky it stays in the air and it makes **clouds**. Then the clouds make **rain**. After it rains some of the water evaporates again, and goes back to make clouds. The water goes around and around. That is possible because of evaporation.



## Summer Jokes!



Why do bananas use sunscreen?

Because they peel!

Why don't oysters share their pearls?

Because they're shellfish!

What do sheep do on sunny days?

Have a baa-baa-cue.

When do you go at red and stop at green?

When you're eating a watermelon.

What is the best day to go to the beach?

SUNday.

What does the sun drink out of?

Sunglasses.

What did the ocean say to the sail boat?

Nothing, it just waved.



## Balloon Pass Games!

For this game you just need balloons. You can fill them with water if you want, but if you do, play outside! There are lots of ways to play Balloon Pass!

Balloon Pass With Your Knees!



Balloon Pass With Your Feet!



Balloon Pass Between Your Legs - Backwards!



Balloon Pass with Sticks!



## Butterflies: Let's Find and Learn!

Did you know there are 34 different species of butterflies in Ireland. They can be put in four different groups.

### Multi-Coloured Butterflies



### Speckled Butterflies



### Small Butterflies



### Yellow and Green Butterflies



When you are out and about keep an eye out for butterflies. See if you can decide what group they belong to? Maybe you can draw them in your notebook. For more about Butterflies visit: [www.irishbutterflies.com](http://www.irishbutterflies.com)

## Butterflies: Let's Find and Learn!

Can you guess the names of these butterflies?



Meadow Brown



Brimstone



Clouded Yellow



Purple Hairstreak



Speckled Wood



Common Blue



Small Tortoiseshell



Peacock



## Butterflies: Let's Find and Learn!

Let's see which ones you got right!

### Multi-Coloured Butterflies



Peacock and  
Small Tortoiseshell  
Brown Butterflies



Speckled Wood and  
Meadow Brown

### Small Butterflies

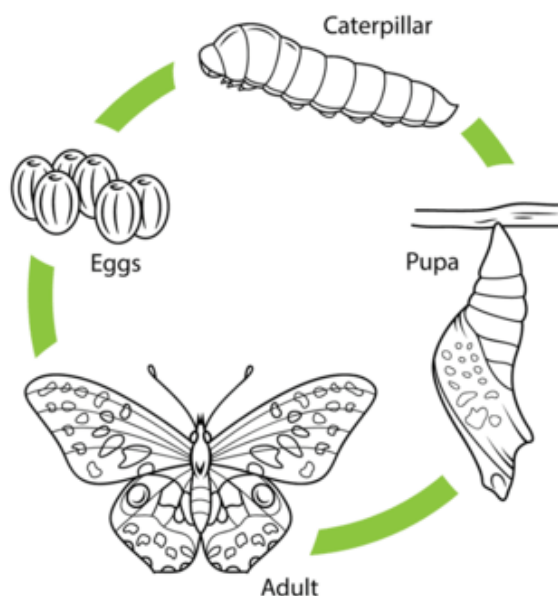


Common Blue and  
Purple Hairstreak  
Yellow and Green Butterflies



Clouded Yellowe and  
Brimstone

## Life Cycle of a Butterfly



Did you learn about the Life Cycle of a Butterfly before in the Happy Talk Insects Pack?

Go back to that pack to learn lots more about Insects!

## Hot Dog in the Summertime!

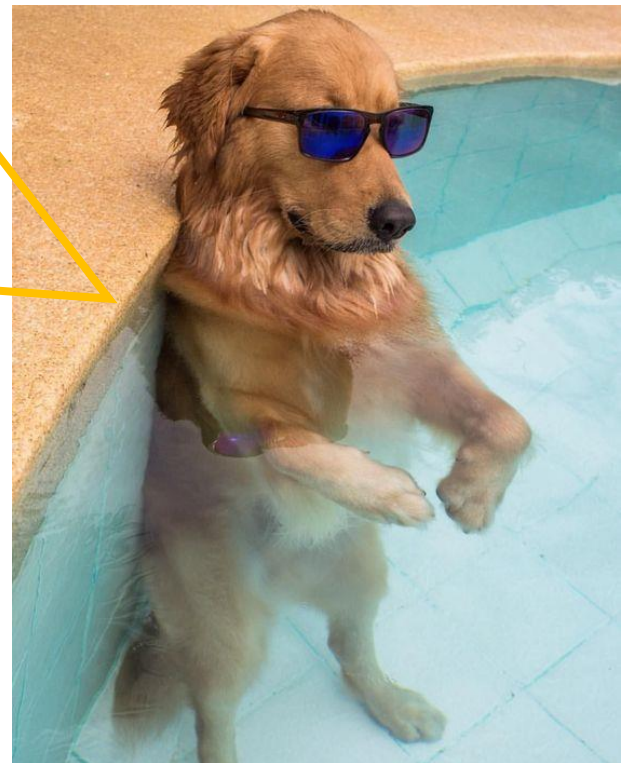
When the weather gets really hot in the Summertime it doesn't just get hot for us! It's get hot for everyone! What do you think these dogs are saying and thinking about the hot Summer sun?



**Woof! It's so hot!  
I'm going to lie  
down on this bed  
of ice!**

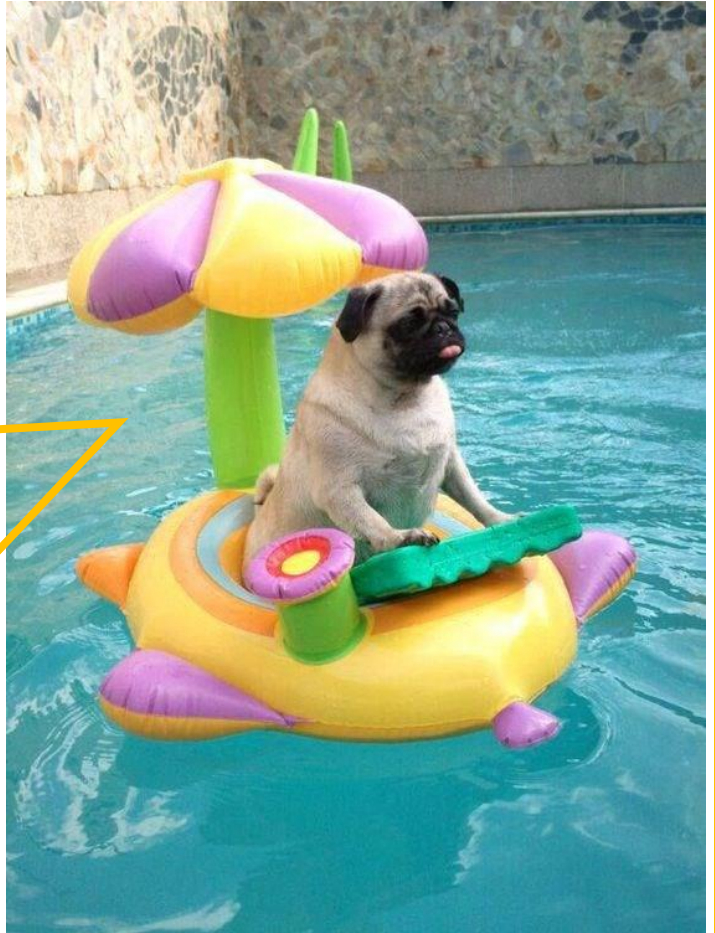
Your turn...

**Woof!**



## Hot Dog in the Summertime!

Woof!



Woof!

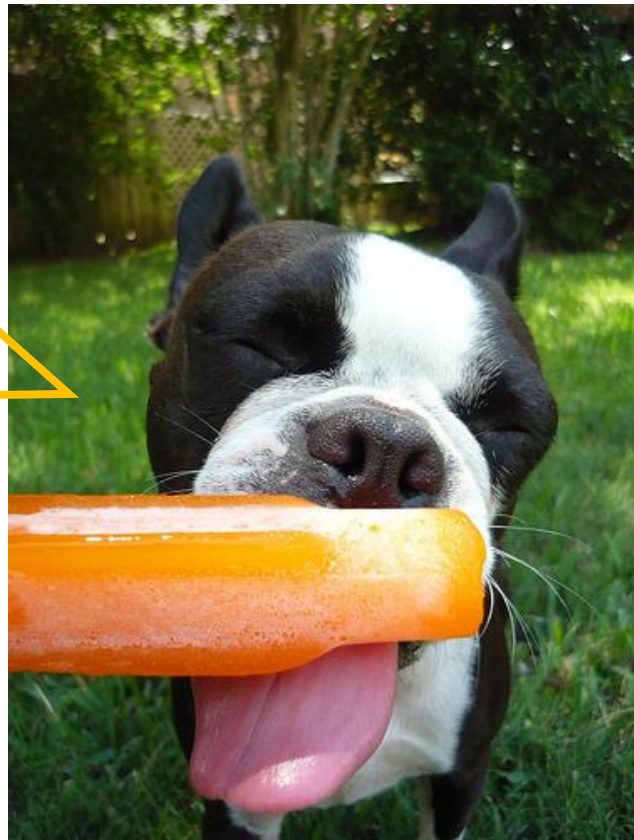


## Hot Dog in the Summertime!



**Woof!**

**Woof!**



## Summer Sunshine Keeping Us Healthy

Sunshine is really good for you. Do you know why?

Sunshine helps us make Vitamin D which is important. It helps your body use calcium to make your bones strong. Calcium and Vit.D are a team: they work together.

Everybody plays outside more in the sunshine. Playing outside helps your muscles and bones strong stronger.



Getting outside in the sunshine and fresh air helps your body build its **IMMUNE SYSTEM**. This is the system in your body that fights illness and keeps you healthy.

Bright light and sunshine makes us feel happy. Sunshine helps us make 'serotonin'; a chemical that makes us feel happy. Also, bright light helps us to pay attention and concentrate.

## Summer Sunshine Safety

Even though the Sunshine keeps us healthy we must be careful not to get too much sun and get sunburn. These are ways you can stay safe in the sun.



**SUN SAFETY**  
**SUMMER SKIN PROTECTION**

- **WEAR BROAD HAT**
- **USE SUNGLASSES**
- **WEAR PROTECTIVE CLOTHING**
- **AVOID SUN BETWEEN 11 AM AND 3 PM**
- **USE SUNSCREEN**
- **DRINK MORE WATER**
- **REFLECTION CAUTION**
- **SEEK SHADE**
- **AVOID DIRECT SUNLIGHT**

For more information visit:

<https://www2.hse.ie/wellbeing/child-health/sun-safety-for-babies-and-children/keeping-your-child-safe-from-sun-rays.html>

## Summer Sunshine:

### Safe and Healthy Quiz

Follow the numbers starting at 1.

Use the answer to complete the next question

e.g. the Answer to Question 1 will help with Question 2.

1. Vitamin D helps the body to absorb:
- a. Cheese
  - b. Chalk
  - c. Calcium

2. Vitamin D and \_\_\_\_\_ work together to make healthy:
- a. Eye brows
  - b. Bellies
  - c. Bones

3. Playing outside helps to make your \_\_\_\_\_ and muscles:
- a. Longer
  - b. Bendier
  - c. Stronger

3. SPF 30 is \_\_\_\_\_ than:
- a. SPF 15
  - b. SPF 50
  - c. SPF 60

3. Wearing \_\_\_\_\_ is not enough to protect your skin in the sunshine. You must also:
- a. Wear a hat!
  - b. Take a break from the sunlight!
  - c. Drink lots of water!
- (You're right! All 3 are correct!)



## Out Door Games

### Outdoor Matching Pairs

For this game you need paper or card. Draw pairs of pictures on the cards. Spread them out and play matching pairs. How good is your memory?



### Paper Plate Rings

Make some paper plates into rings and tape a cardboard tube to the ground. How good is your aim?

### Paper Plate and Balloon Tennis

Make some rackets out of paper plates and use a balloon as a (very big) tennis ball. How good is your serve?





# SUMMER

## Scavenger Hunt



Ice Cream

Clover

Berries

Hat

Bicycle

Beach Towel

Flip Flops

Ant Hill

Spider Web

Gate



Ball

Bubbles

Watermelon

Popsicle

Campfire

Pinwheel

Paw Prints

Mushroom



Stop Sign

Pond

Bumblebee

Moss

Stick

Butterfly

Swimsuit

Ice Cubes

Water Toy

Sprinkler

Bucket



Frog

Dog

Rock

Sunglasses

See how many things on this list you can find! You get one point for each thing.



# Summer Scavenger Hunt!

## Word Game!

Once you have done your Summer Scavenger Hunt sit in a circle and take turns calling out the things you found. Remember you get one point for each thing you found but you can earn extra points.



Clap It Out	What's the first sound?	Make it Rhyme!
1 Extra Point	1 Extra Point	2 Extra Points
How many parts does this word have? Can you clap out each part of the word?	What is the first sound in this word? (To make it tricky, ask what is the last sound in this word?)	Think of 4 real or silly words that rhyme with this word.

### Example

Clap It Out	What's the first sound?	Make it Rhyme!
Butt (clap) er (clap) fly (clap)	First sound is the 'b' sound.	Flutterfly Gutterfly Butterby Buttersigh

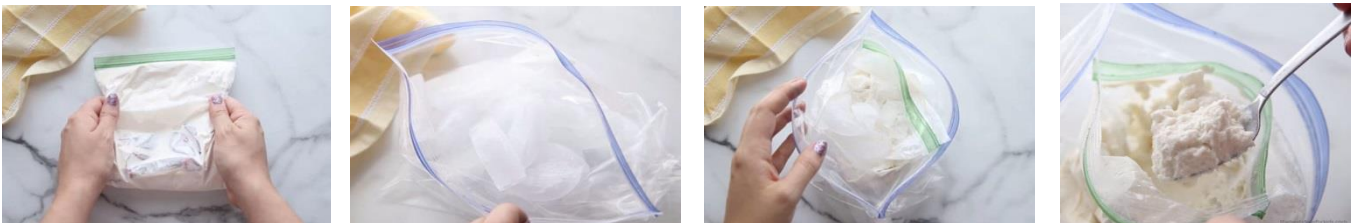
## Ice-cream in a Bag!

This is a very simple recipe to make ice-cream at home.

There are lots and lots of websites and Youtube clips to help you learn more... we are just going to get you started! Check them out online before you give it a go!

Ingredients:

1. 1 cup of milk and 1 cup of cream
2. 1.5 teaspoon vanilla
3. 2 tablespoons sugar



Place the ingredients in a zip lock bag and mix them together. Try to get as much air out of the bag as you can. Place this bag into a bigger zip lock bag that is half filled with ice and a  $\frac{1}{4}$  cup of salt.

Close the bag and move the ice around for 5 minutes. Set a timer! You might want to wear gloves! The ice is cold! The ice will cause the ingredients in the first bag to freeze and turn into ice-cream. When you open it you will have ice-cream!

Practice this simple vanilla ice-cream to get you started. Next time you can add ANY OTHER flavourings/ingredients you like!



## Summer Facts!

The date of the beginning of Summer is different in different places. It changes due to climate, tradition and culture.

When it is summer in the Northern Hemisphere, it is winter in the Southern Hemisphere, and vice versa.

The Summer Solstice, is the longest day of the year in Ireland. In Ireland on Summer Solstice (the 21st of June), you can expect up to 17.5 hour of daylight!

In Ireland, long ago "Bealtaine" was a very important festival. People still light fires that can be seen from far and wide to celebrate Bealtaine.



If the days are at their longest during Summertime, then the nights must be at their shortest.

In the UK, lots of people go to 'Stonehenge' to celebrate the Summer Solstice. Do you know what Stonehenge is? Look it up!





## Funny Ice-Cream Flavours!

### True or False?

Guess what? It was a trick quiz! All these flavours and names are TRUE!

Follow this link to see more:

<https://kids.nationalgeographic.com/explore/awesome-8-hub/weird-ice-cream/>

1. Black Walnut
2. Roasted Tumeric
3. Sweet Corn
4. Buttermilk
5. Goat's Cheese
6. Catching Fire
7. Black Sabbath
8. Blue Moon
9. Lobster
10. Cardamom
11. Black Pepper
12. Avacado
13. Olive Oil
14. Guinness
15. Horseraddish
16. Coconut Curry
17. Basil
18. Strawberry Fennel
19. Chilly
20. Bacon Maple