

Welcome to the Happy Talk 'Walking in the Woods' 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 'Walking in the Woods' 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 us by email to 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 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 approximately 4 - 8 years. However, that doesn't mean some of these activities can't be enjoyed by kids of all ages; even grown up kids!

We wish to thank the students and staff of UCC Speech and Language Therapy Dept. for helping to make these packs possible.

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.



The Feels of the Forest Mindful Moment

Take off your shoes and socks and place your feet on the floor. Close your eyes and take a moment to be still. With eyes closed, pretend that you are walking in a forest. Let's notice the weather in the forest today.

What can you **feel** on your face? Sunshine warm on your skin, wind cool as it blows, or snowflakes icy as they fall on your cheeks and your nose.

What can you **feel** under your feet? Old dry leaves crunch under foot, soft moss tickle your toes, or hard stones cold against your skin.

Stretch out your arms, spread your fingers wide and take a few deep breaths.

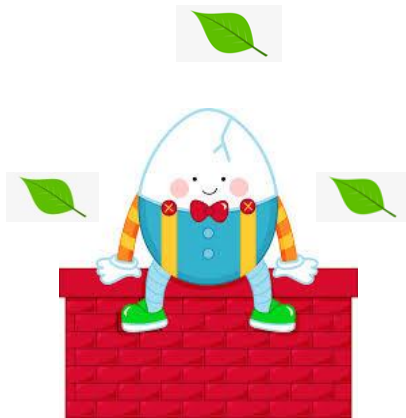
What can you **feel** with your fingertips as you walk? The rough bark of a tree, the silky smooth petals of forest flowers, wet raindrops as they fall off the leaves you have touched. Maybe you felt a sharp thorn.... ouch!!

When ready, place your hands on your belly, take some more deep breaths and open your eyes. Wow.... That was some great imagining!

Woodland Rhymes and Songs

Sing to the tune of Frere Jacques and repeat each line

Trees are growing,
In the wood,
All around,
Red Riding Hood,



Leaves are falling,
Oh so small,
Next to Humpty Dumpty,
On the wall.

Flowers blooming,
On the hill,
Waiting to be picked by,
Jack and Jill.

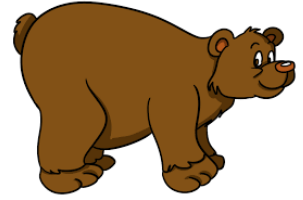


Looks like some of our favourite nursery rhyme characters have
been walking in the woods too!

What actions can you make up to go with this song?

Woodland Rhymes and Songs

Pretend to be a grizzly bear walking through the woods. Put your big paws up in the air and growl! Grrrrrrr!



The bear went over the mountain (x3)
To see what he could see
But all that he could see...
A deer! A deer! A little friendly deer!
(Move your arms together to prance like a deer)



The bear went over the mountain (x3)
To see what he could see
But all that he could see...
A bird! A bird! A happy singing bird!
(Flap your arms and tweet like a bird)



The bear went over the mountain (x3)
To see what he could see
But all that he could see...
A rabbit! a rabbit! A fluffy hopping rabbit!
(Hop around the floor like Nibbles the Happy Talk bunny)



What else will bear find in the woods? Have fun making up some new verses together!

Woodland Rhymes and Songs

A-Camping We Will Go

(Sing to the tune of The Farmer in the Dell)

**A-camping we will go,
A-camping we will go,
Hi-ho and off we go, A-camping we will go.**

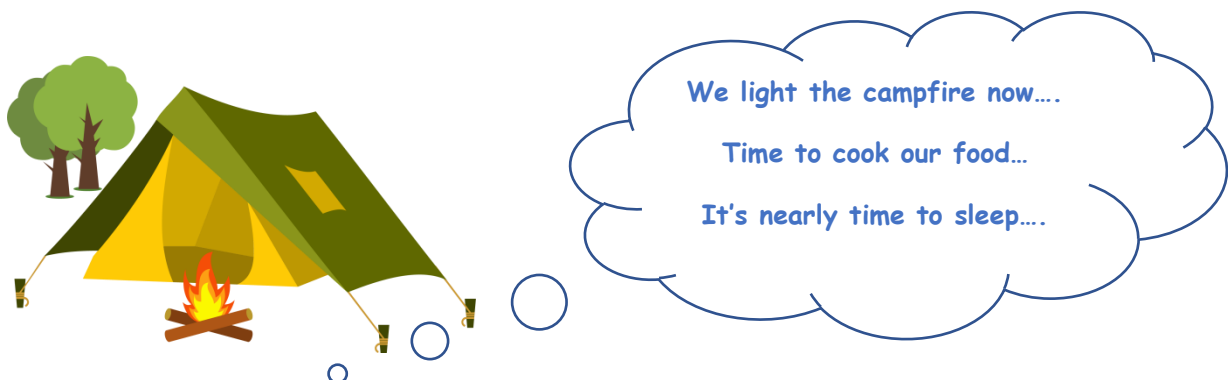
(Action: March to the beat of the song as you head off on your adventure)

**First we pitch our tent (x2),
Hi-ho and off we go, first we pitch out tent.**

(Action: With your partner, catch the corners of a blanket and flap it up and down to spread the tent!)

**Next we chop some wood (x2)
Hi-ho and off we go, next we chop some wood.**

(Action: Swing a pretend axe above your head to chop the wood!)



Keep going and see how many more verses you can make!

Dirt on My Shirt by Jeff Foxworthy

This rhyme is all about playing outside in the garden, park or woods. Can you guess the missing words to finish the rhyme!

There's dirt on my shirt,
And leaves in my _____, (chair/hair)
There's mud on my _____, (boots/flutes)
But I don't really care!



Playing outside,
Is so much fun,
To breath the clean _____, (air/bear)
And feel the warm _____. (sun/bun)




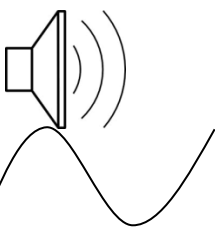

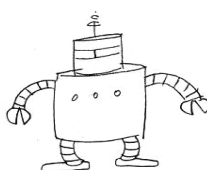







To stomp in a puddle
Or climb a big _____ (bee/ tree)
Makes me quite _____ (happy/nappy)
Just look and you'll see!



Now go back and say the rhyme together. **This time**, put in the word that doesn't fit and make a really silly rhyme!

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> 
<p>When it gets a bit easier try these games:</p>		
<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

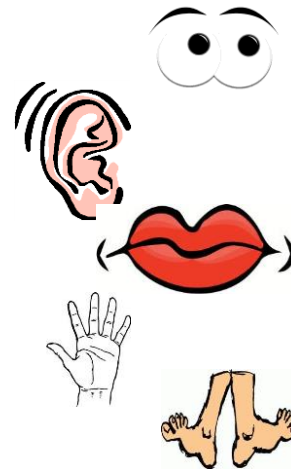
Look with your eyes

Listen with your ears

Mouth is closed

Hands are still

Feet on the ground



'Simon Says - Listening in the Woods'

Play a game of Simon Says in the woods. Pretend your garden or hallway is a path in the woods. Stand at the beginning of the path. You must try to reach the end of the path by doing only what Simon says.



Remember to listen with your ears!

If you move forward or do an action without hearing "Simon says", move back 2 steps.

Turn to the next page or scroll down for different actions you can use when you play!

Simon Says - Listening in the Woods (examples)

Simon says take 3 steps forward.

Simon says jump 2 steps forward (just like Nibbles, the Happy Talk bunny!)



Simon says crawl forward like a bear.

Simon says slither like worm.

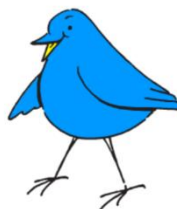


Take two steps forward. (Don't move!! You didn't hear "Simon says"!)

Simon says stop to smell the flowers.



Simon says sing like the birds.



Simon says pretend to eat a carrot like Nibbles and Twitch.



What can you find in the woods?

Use the picture on the next page, play a game of "I spy".

Take turns with you partner giving clues to each other. Instead of using sounds (e.g. *I spy... something because with 't'*), use clues that describe the item you have picked.



Here are some types of describing clues:

I spy with my little eye **something that has wings and a beak.**

I spy with my little eye **something that has two antlers on its head.**

I spy with my little eye **something that is made of wood and has lots of branches.**

I spy with my little eye **something that lives in a shell.**

When you have cracked all the clues in the picture, try playing this game with things you see out the window or in the garden. You might even have a story book with busy pictures to play this game with. Check your books to see; do they have pictures of the woods, a park, a garden, a mountain?



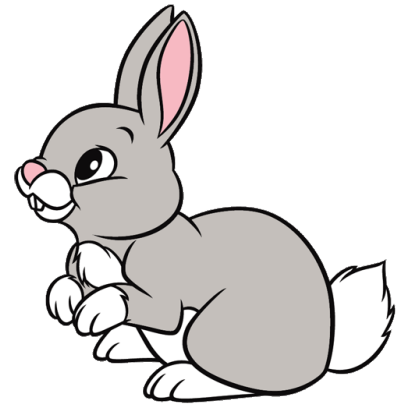
Image: Elise Gravel

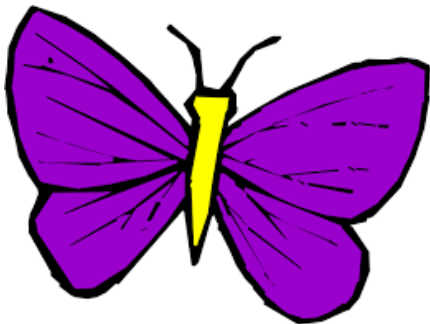
The Woodland Creature Challenge!

Can you name all of these woodland creatures before starting The Animal Scramble on the next page!
















Answers (from L to R):

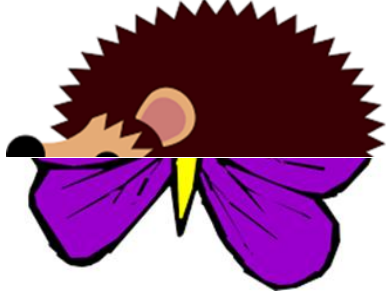


1. wood pecker
2. squirrel
3. rabbit
4. butterfly
5. raccoon
6. hedgehog

The Animal Scramble!

Our woodland creatures have gotten into a scramble! Their bodies are now all mixed up. Looks like we have some new creatures to name!

Can you figure out the names of these new animals by piecing together their parts? Say them out loud, they sound pretty silly!

	<p>Part woodpecker, part rabbit is called a... woodbit!!</p>
	<p>Part butterfly, part hedgehog is called a... butterhog!</p>
	<p>Part squirrel, part raccoon is called a... _____</p>

	<p>Part hedgehog, part butterfly is called a ...</p> <p>_____</p>
	<p>Part raccoon, part woodpecker is called a ...</p> <p>_____</p>
	<p>Part rabbit, part squirrel is called a ...</p> <p>_____</p>
	<p>Answers:</p> <ul style="list-style-type: none"> - Squirrel - Hedgefly - Raccoon - Rabel

Real Life Animal Scrambles!

DID YOU KNOW?

Real life animals like these actually exist! They are called hybrid animals.

This is a **ZONKEY**..... part ZEBRA and part DONKEY!!



New Words! (Tricky)

Responsibility

How many words can you find in the word responsibility?
(Use the letters to make new words)

silly _____

What does responsibility mean? (Look it up!)

Put the word 'responsibility' in a sentence:

What does this word make you think of?

How many syllables (parts) does this word have?

Can you find other words that start with the last two
syllables (-ity)? (Look it up!)

Charity _____

New Words!

Environment

How many words can you find in the word environment? (Use the letters to make new words)

men _____

What does environment mean? (Look it up!)

Put the word 'environment' in a sentence:

What does this word make you think of?

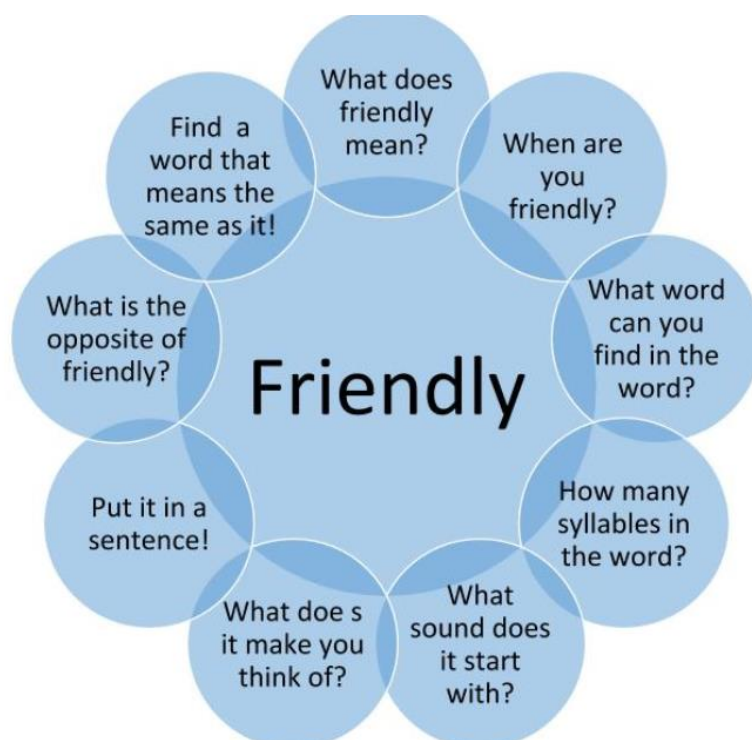
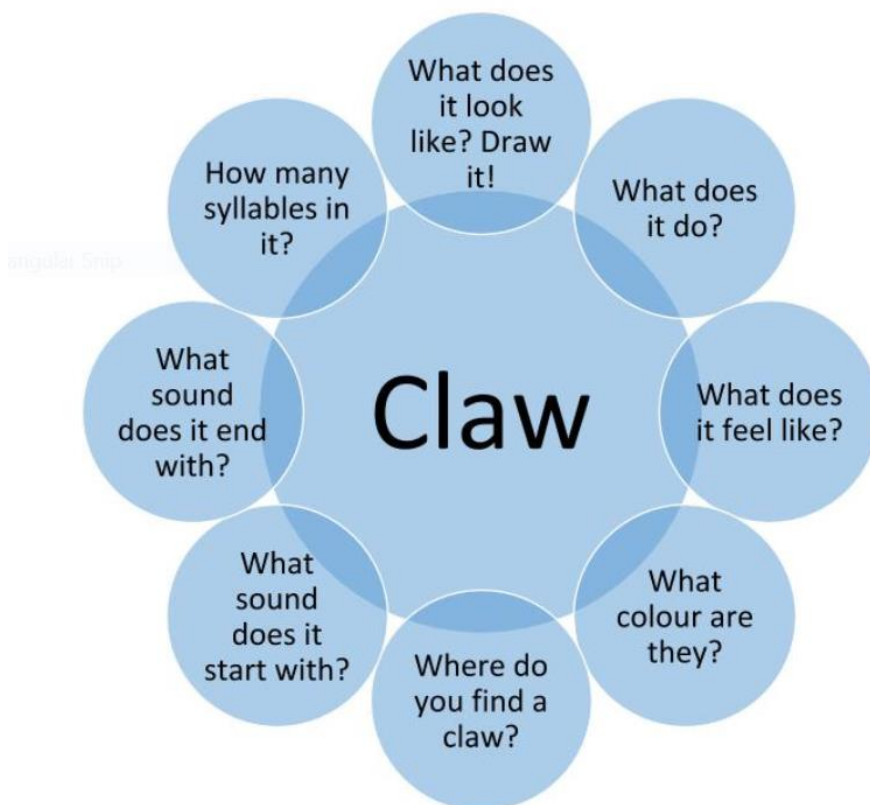
How many syllables (parts) does this word have?

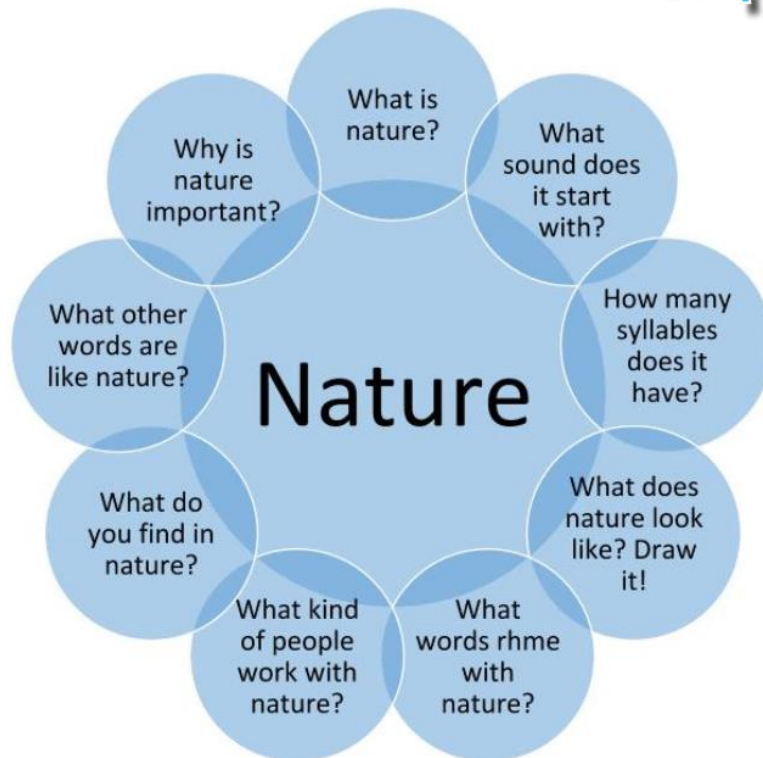
Can you find other words that contain with the syllable (-ment)? (Look it up!)

excitement _____

Words, words, words!

Use the bubbles below to answer some questions about these woodland words!





'Walking in the Woods' Make and Do Ideas

Hand Print Tree with Stick on Leaves



Leaf Fox

Hand Print Owl



All Things Food!



Bear Toast

Toast, peanut butter/chocolate spread, bananas, blueberries

Rabbit Porridge

Porridge, banana, blueberries, strawberries, raisins



Apple Owl

Apple, cornflakes, marshmallows, chocolate chips

Time to Make Some Stories

It's time to build some stories! Think of your favourite story. There are some things all stories need.

Characters: Decide who is in the story. Pick some characters for our story. Draw your character on a piece of paper

A Place: Where does our story take place? Will our characters go somewhere?

A Time: When does our story happen? Is it at night or in the morning? Is it in the summer or the winter?

We also need a **start, middle and an ending!**



Tell Your Story



Tell your story out loud: practice with one person and tell someone else. You can call someone on the phone to tell them your story.



Write your story: Write your story down and draw pictures to match.



Remember your story: Later on, or tomorrow, see can you remember your story. What were the names of your characters? What happened first in your story?

Story Detective

Here is an example of a story. Can you be a Story Detective and answer the questions once you have finished reading?



One snowy morning George and Nuala decided to take a walk in the woods beside their house. They put on their yellow wellies, woolly coats and hats and started their long walk. There was so much snow in the woods, so they decided to build a snowman.

They built the snowman and realized that they had no buttons to give the snowman some eyes! After thinking a lot, George had a great idea to use stones instead. They looked for some stones underneath the snow on the forest floor.

Nuala found lots of stones and she made the snowman's eyes, nose and mouth with them. Nuala and George had a great day in the woods building their snowman.

Who were the characters in this story?

Where did this story happen? When did it happen?


What happened at the beginning, in the middle and in the end?



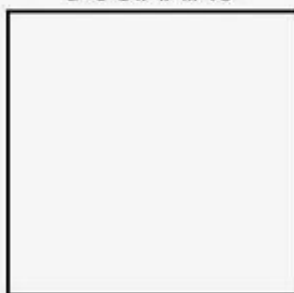

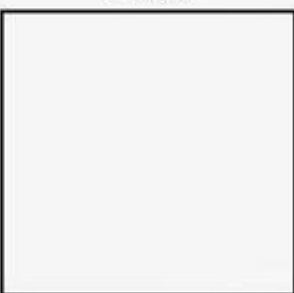


Your Turn

The Three Little Pigs is a story that happens in the woods. Take a page and draw the story map of The Three Little Pigs.

Name: _____

Story Map 

Setting	Characters	
		
Beginning	Middle	End
		

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Don't forget to do your work as a Story Detective for this story too!

Who were the characters in this story?

Where did this story happen? When did it happen?

What happened at the beginning, in the middle and in the end?



Learning Action Words

Act it Out!

Rules

On the next page you will find lots of action words. These are all actions you might do in the woods. Pick one and act out the action for your family or friends, without talking! See can they guess the action you are acting out.

Tip

You can write the words on a piece of paper and put them in a bowl. Take turns doing the actions and guessing together.



Can you think of any other actions you might do in the woods? Maybe you could think of an action an animal might do. Include these new actions in your acting out game!





walk



sing



play



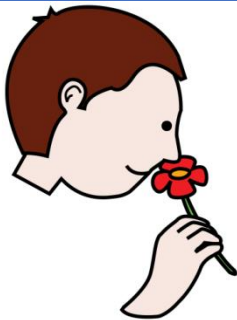
run



jump



dig



smell



look

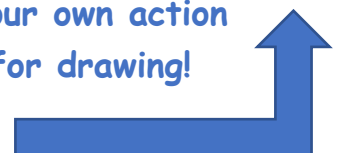


climb



fall

If printing, use the empty boxes to draw pictures your own action words. If not, you can use paper you have at home for drawing!



'Doing words'

-Fun Wordsearch (easy)

Z	A	Q	C	R	R	T	R	U	N	Walk
Q	W	A	L	K	A	E	T	Y	U	Climb
S	H	J	I	X	J	B	H	U	I	Run
E	G	M	M	S	U	C	G	B	O	Sing
E	V	J	B	D	U	H	B	I	P	Dig
F	F	U	B	R	M	G	F	V	L	Look
S	I	N	G	D	P	L	A	Y	K	Fall
M	H	U	O	B	N	C	L	Z	J	Play
E	G	J	L	S	I	K	L	D	H	Jump
L	O	O	K	P	N	H	Y	T	G	Smell
L	V	C	X	D	I	G	A	S	D	

'Doing words'-Fun Wordsearch (tricky)

W	A	L	K	F	M	T	A	K	E	S	P
Q	Y	U	M	I	N	G	K	H	A	D	I
A	H	J	J	N	H	F	L	G	Z	F	C
Z	N	T	U	D	A	N	C	E	X	G	K
F	B	M	H	Q	H	D	L	F	C	H	C
L	O	O	K	R	J	F	I	N	D	K	J
Y	G	K	K	W	O	S	M	D	V	J	U
W	T	I	L	E	K	W	B	S	B	L	M
D	I	G	I	R	P	A	P	A	N	P	P
S	R	L	A	U	G	H	I	Z	M	I	A
X	F	O	P	T	S	E	A	R	C	H	Q
F	A	L	L	Y	M	I	U	X	A	U	T
E	V	L	A	U	E	Q	N	C	R	Y	A
R	U	N	Y	I	L	W	Y	G	R	T	L
D	C	P	O	O	L	E	T	V	Y	R	K
C	O	L	L	E	C	T	R	B	N	E	W

Walk Dance
Climb Find
Run Search
Sing Carry
Dig Collect
Look Pick
Fall Throw
Play Take
Jump Talk
Smell Fly
Laugh

Wordsearch Answers

Z	A	Q	C	R	R	T	R	U	N
Q	W	A	L	K	A	E	T	Y	U
S	H	J	I	X	K	B	H	U	I
E	G	M	M	S	J	C	G	B	O
E	V	J	B	D	U	H	B	I	P
F	F	U	B	R	M	G	F	V	L
S	I	N	G	D	P	L	A	Y	K
M	H	U	O	B	N	C	L	Z	J
E	G	J	L	S	I	K	L	D	H
L	O	O	K	P	N	H	Y	T	G
L	V	C	X	D	I	G	A	S	D

W	A	L	K	F	M	T	A	K	E	S	P
Q	Y	U	M	I	N	G	K	H	A	D	I
A	H	J	J	N	H	F	L	G	Z	F	C
Z	N	T	U	D	A	N	C	E	X	G	K
F	B	M	H	Q	H	D	L	F	C	H	C
L	O	O	K	R	J	F	I	N	D	K	J
Y	G	K	K	W	O	S	M	D	V	J	U
W	T	I	L	E	K	W	B	S	B	L	M
D	I	G	I	R	P	A	P	A	N	P	P
S	R	L	A	U	G	H	I	Z	M	I	A
X	F	O	P	T	S	E	A	R	C	H	Q
F	A	L	L	Y	M	I	U	X	A	U	T
E	V	L	A	U	E	Q	N	C	R	Y	A
R	U	N	Y	I	L	W	Y	G	R	T	L
D	C	P	O	O	L	E	T	V	Y	R	K
C	O	L	L	E	C	T	R	B	N	E	W

Fun Facts about Animals in the Woods!

MICE CAN SENSE
SADNESS IN
OTHER MICE.
AND IT MAKES THEM
SAD TOO.



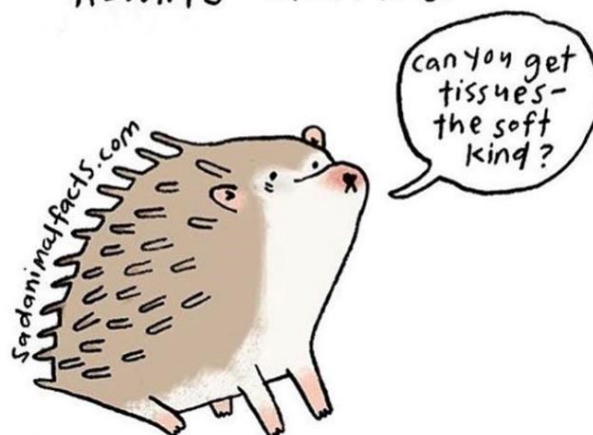
SHREWS SHRINK THEIR
BRAINS IN THE WINTER.



REINDEER EAT
MOSTLY MOSS.

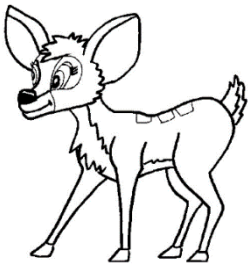


HEDGEHOGS ALWAYS HAVE
WET NOSES, AND ARE
ALWAYS SNIFFING.



Let's Talk about Sounds!

These are the animals and insects of the woods. Let's think about these creatures and what sounds are in their names.



1. What sound does this animal begin with? Can you think of another word that begins with that sound?
2. Write the letter for this sound _____



1. What sound does this insect begin with? Can you think of another word that begins with that sound?
2. Write the letter for this sound _____



1. What sound is at the beginning of this insect and what sound is at the end?
2. Find a sound in the middle of this animal's name?
3. Can you clap and count the number of syllables in my name?



Hint:

1. What sound does my name begin with? Can you write it here _____?
2. Can you name another animal that has the same sound at the beginning as me?



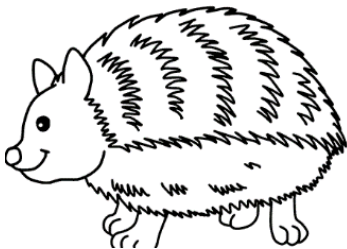
1. What sound does this animal begin and end with? Can you think of another word that begins with one of these two sounds?
2. Write the letters for these sounds

3. What other animals rhyme with "frog"?



1. What sound does this animal begin and end with?
2. Write the letter for this sound

3. Clap and count the number of syllables in this animal's name



1. What sound is at the beginning of this animal and what sound is at the end?
2. Find a sound in the middle of this animal's name?
3. Can you clap and count the number of syllables in my name?

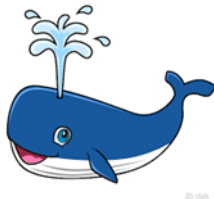
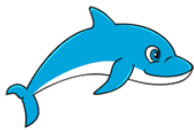
BONUS POINTS:

1. How many animals can you name that begin with the "s" sound?
2. Can you think of some words that rhyme with "fox"?

Happy Talk Sorting - Going back Home

Can you help get these animals back home?

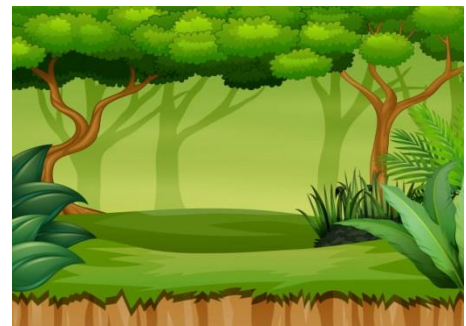
Oh no!!! We're
lost!!



In the Ocean



In the Woods



Happy Talk Drawing with Instructions

Time to draw a
walk in the
woods

Draw a long
path with a
person
walking on it

Give the person
brown hair and
blue pants

Draw some
yellow flowers
on one side of
the path

Draw some
birds flying in
the sky

Draw some trees
on both sides of
the path

Draw 3 animals
you might find
in the woods

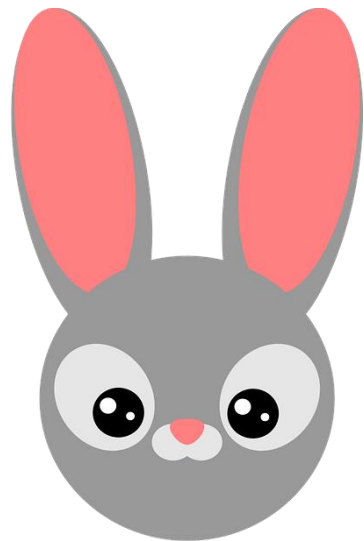


Let's Talk About It!

We all love going for a walk in the woods with our friends and families.

It is important to respect all the animals (big and small!) and all the plants that live in the forest.

It is their homes!



Fairies in the Forest

Some people believe that fairies live in the woods! Nibbles the Happy Talk rabbit once met a fairy in the woods. He asked her for her ID card and this is what it said.....



Fairy ID Card

Name: Luna Moonglow

Age: 7 (in fairy years)

Favourite Food: Blueberry muffins

Favourite Colour: Silver

Magical Talent: My wings glow brighter than any other fairies

Nibbles was so amazed by Luna Moonglow the Forest Fairy, that she decided to dress up as her for Halloween... Look! →



Fairy ID Card - Make and Do

Make your own Fairy ID card by copying the template below.

What are you going to name your fairy?

What will be your fairy's magical talent? Maybe he/she will be able to fly so fast that she/he can dodge raindrops as they fall!

Don't forget to draw a picture of what your fairy looks like!



Fairy ID Card

Name:

Age:

Favourite Food:

Favourite Colour:

Magical Talent:

Fairy Fairy in the Sky

Sing to the tune of Twinkle Twinkle Little Star

Fairy fairy in the sky
How I'd love to see you fly
With you very tiny wings
You must see so many things
Fairy fairy in the sky
How I'd love to see you fly

By Patricia Morrison

