

Welcome to the Happy Talk Posting Letters 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 Posting Letters 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.

Posting Letters; Let's Get Ready

This week we are going to learn all about posting letters, the post office and the postman/woman's job.

A good idea to get ready for this week's pack and all the games and activities is to collect some used envelopes (we love recycling in Happy Talk!) We will use these envelopes in lots of games.



You might want to think about writing some cards or letters this week too! Remember you could be the Postman or Postwoman and deliver some post to people who live near! Maybe you could pick a friend and ask them if they want to be pen pals!

Keep reading for more idea!

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.

Balloon Breathing Mindful Moment

For this week's Mindful Moment we are going to use our imaginations to pretend we are blowing up a balloon. When we are done we will 'send' our 'balloon' up into the sky. Find a comfortable place to sit. Pretend you have a balloon that you want to blow



up. Hold your pretend balloon up to your mouth. Take a deep breath in through your nose, as you slowly breathe out through your mouth, spread your hands out as if your balloon is getting bigger. Hold your hands in the same position as you breathe in, and then spread your hands further as you breathe out. Be careful don't let your balloon burst! Once your balloon is as big as it can be, gently sway it from side to side and release your balloon up into the sky. Watch as your pretend balloon goes higher and higher!

Posting Letters Rhymes and Songs

Save some envelopes from the letters that come to your house. Write the names of pets, friends and family on the envelopes and use them to play the game that goes with this rhyme.



One person drops/hides a letter.

One person is the 'Postman' and finds the letter!

I Wrote a Letter to...

I wrote a letter to my Daddy,
and on the way I dropped it,
The postman came and picked it up
and put it in his pocket.

Let's change the name...

I wrote a letter to _____
(my mam/friend/granny/fish/neighbour)
and on the way I dropped it,
The postman came and picked it up
and put it in his pocket.



Posting Letters Rhymes and Songs

For this rhyme the leader needs two sets of 4 pieces of card/paper with the numbers 6, 7, 8, 9.

One set with a sun (morning) and one set with a moon (evening). All the other players need to hold an envelope/letter in their hand.



The leader will pick a card and this will show which verse of the rhyme to say.

Everybody must throw their letter in the air at 'Drop your letter' and must pick it up again past at 'Pick it up!' Quick! Find your letter!

Early in the morning right at 6 o'clock,
I can hear the postman; knock, knock, knock,
Postman, Postman, drop your letter,
Postman, Postman, pick it up!

Later in the evening right at 9 o'clock,
I can hear the postman; knock, knock, knock,
Postman, Postman, drop your letter,
Postman, Postman, pick it up!

Posting Letters Rhymes and Songs

(To the tune of Baa Baa Black Sheep!)

Rat-a-tat, Rat-a-tat,

Who can it be?

Here is the postman,

Let's go and see.

'Have you any letters,

Postman at the door?'

'Yes, I have many,

One, two, three, four.'

Rat-a-tat, Rat-a-tat,

Who can it be?

Here is the postman,

Let's go and see.



Posting Letters Rhymes and Songs

The Busy Postwoman

Knock, knock, the postwoman's here,
Bringing news from far and near,
Oh! Postwoman, Postwoman, quickly see,
Is there a letter waiting for me?

See the postwoman dressed in green,
Every single day she can be seen,
She works when it rains, she works when it snows,
She even works hard when the wind blows.



The Postman's Poem

Help to finish this poem.

Emphasize the underlined words and see can you find the words that rhyme with them?

A postman is a very busy man,

He drives around in a big green _____,

He has lots of letters to post,

And hopes that he'll deliver the _____.

You see the postman dressed in green or blue,

Will he bring a letter to _____.

He works when it rains and he works when it snows,

He even works when the strong wind _____.

The postman has a very full pack

Of letters and packages upon his _____.

Step, step, step, the doorbell rings

What kind of surprises will the postman _____?

Some letters are big and some are small,

But you can be sure he'll deliver to them _____!

1. Van 2. Most 3. You 4. Blows 5. Back 6. Bring 7. All

Posting Letters Rhymes and Songs

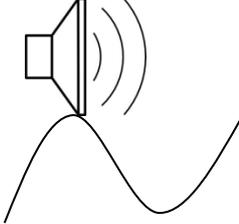
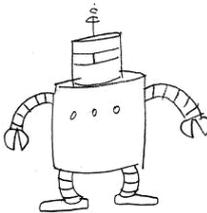
Writing Letters

I can write a letter just to say hello,
Even if I haven't seen you since AGES ago!
I can write a letter to tell you ALL my news,
I can write a letter just because I choose.
A letter starts with Dear, Hello or Hi!
And keeps on going until I say 'Goodbye!'
It's full of news and stories and things I want to tell,
But most of all, my letters always hope to find you well!

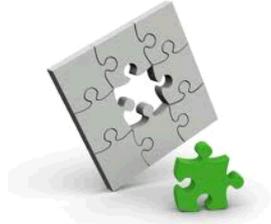


Rhyme Time Voices and Games

Say the rhymes using the following games and activities.

<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



Sit on Your Letter

Again, for this game, everybody must have an envelope in their hand. You will also need some music, from your phone or the TV or the radio.

The leader calls out an action:

walk, hop, dance, crawl, roll, wave
jump, slide, shimmy, shake, sway



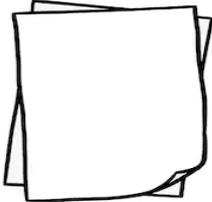
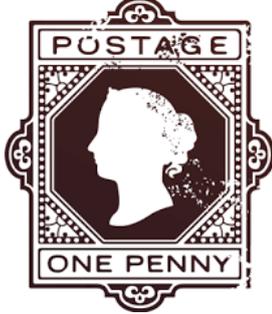
And everyone must do this action to the music,
but keep your envelope in your hand because...

...when the leader turns the music off you must
'Sit On Your Letter!' and Freeze!

Listen carefully!

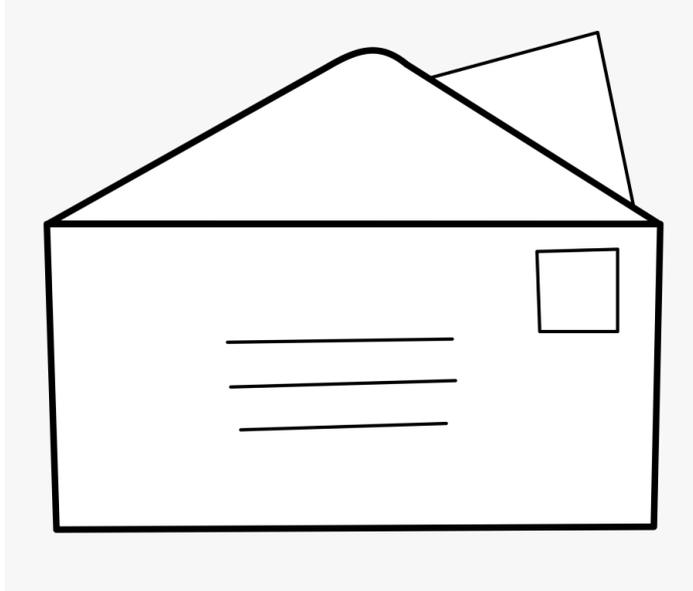
Which is the Odd One Out?

In each row pick one thing that is the odd one out?
 Then ask... Why do the other three pictures go together?

1				
2				
3				
4				

Parts of an Envelope

Find a used envelope for this activity.



Find these things on the envelope:

Name

Address

Stamp

Seal

Where are they? What are they for?

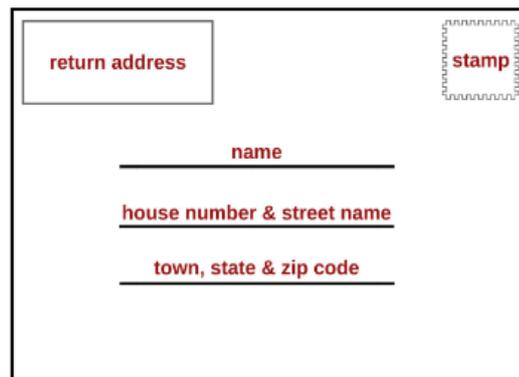
More Parts of an Envelope

What is a return address? Why do we put this on the envelope?

If you were sending this letter, what would your return address be?

What's a stamp? Can you list 5 words that rhyme with stamp?

Why do some stamps cost more money? Do you know how much a stamp costs to send a letter in a small envelope to someone in Ireland?



Using your imagination, can you make up addresses for:

Silly Sam, Happy Hailey, Anthony Apple, Lord Liam and Colm Clown.

We want to hear the silliest addresses you can think of. Use your imagination with their name and think of a place or make up a street where you think they would live.

Matching Addresses

Match the address to the correct Person!

Mrs. Pink	Grass Lane, Avocado St. Co. Emerald
Mr. Blue	Tomato Ave. Stop Light Valley, Co. Haemoglobin
Mrs. Green	17, Cotton Wool Park, Cloud St. Co. As A Sheet
Mr. Red	9, Spring Roses Lane Piglet Row, Co. Slightly Embarrassed
Mrs. Peach	Up in the Sky House, Ocean Water St. Co. Feeling Sad
Mr. Grey	8, Coal St. Take Out the Rubbish Ave, Co. A Hole in Space
Mrs. Black	9, Fruit Bowl Park, Fruitbowl Town, Co. Find My Stone
Mr. White	5, Black + White St. Dull City, Co. Winter Morning

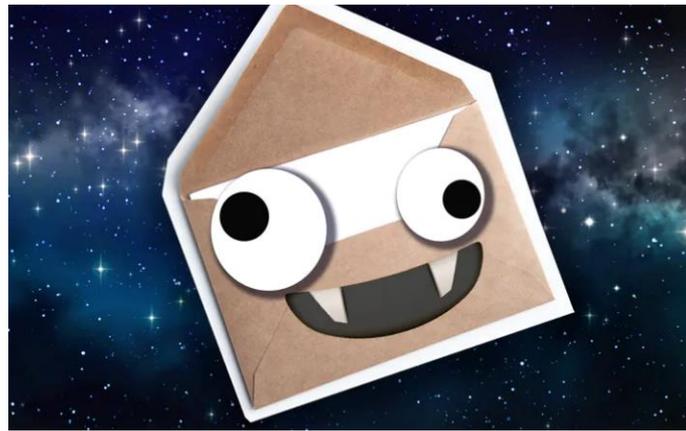
Find Out More About the Colours Family!

Mr. Blue	Mr. Blue, Had the flu, But soon was feeling just like new!	How did Mr. Blue get better?
Mrs. Green	Mrs. Green, Was last seen, Getting in a space machine!	What is Mrs. Green's Job?
Mr. Red	Mr. Red, Went to bed, But he got up without his head!	Where did Mr. Red leave his head?
Mrs. White	Mrs. White, Got a fright When she saw a ghost last night!	What ghost did Mrs. White see? Mr. Red maybe?
Mr. Grey	Mr. Grey, I have to say Was very sick the other day!	Who did Mr. Grey ask for help?
Mrs. Peach	Mrs. Peach, Likes to teach, Even when she's at the beach!	What is Mrs. Peach's job?
Mr. Pink	Mr Pink, Once I think, Washed his husband down the sink!	What is Mr. Pink's favourite job?
Mrs. Black	Mrs Black, She came back With her husband in a sack!	What did Mrs. Black bring back?

Postman Jokes

What did the Postman deliver to Dracula?

His fang mail!



Who sits in a corner and does nothing all day but still travels the world?

A stamp!



What did Postman Paddy wear to the costume party?

Fancy address!



Why couldn't
Postman
Paddy's friend
Molly help him
deliver the
post?

He wouldn't letter!



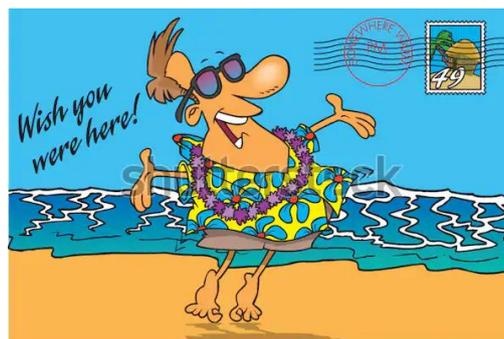
Did you hear
the joke about
the unstamped
letter?

Nevermind, you wouldn't get it!



Where does
Postman Paddy
go on holidays
in Spain?

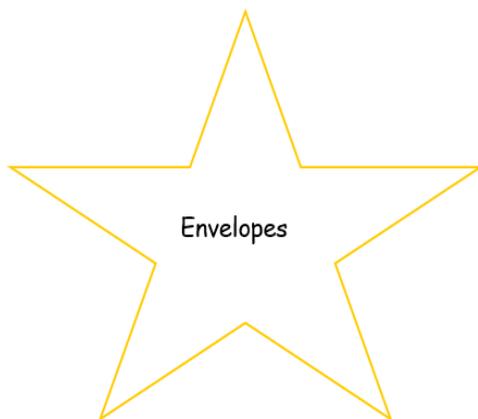
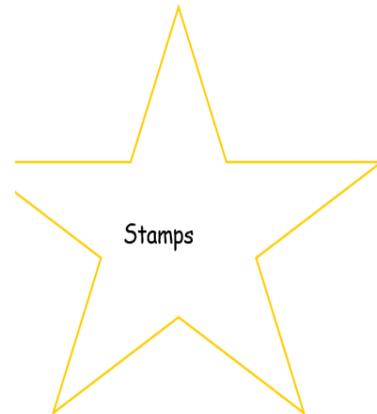
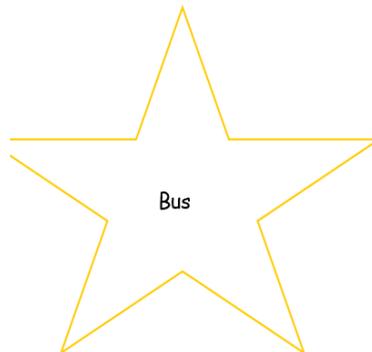
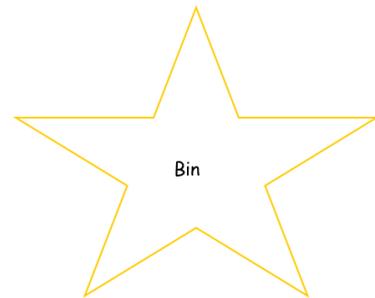
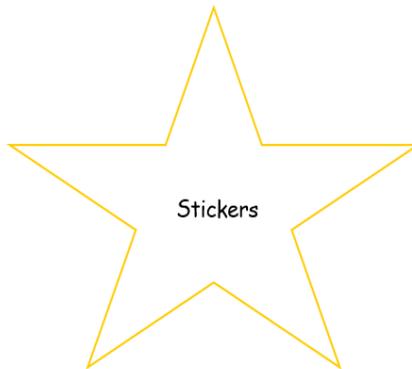
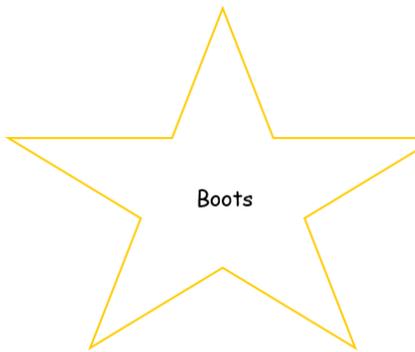
Parcelona!



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Which Ones Go Together?

Find two things that go together and talk about why. For example, Stickers go with Stamps because you stick stamps on letters. Once you've made the connection, can you think of something else that goes with those two things: what else is sticky?



Post Office Questions and Answers

Postwoman Paula gets lots of calls about the Post Office's Opening Hours. Can you help her answer all the questions?

What time does the post office close on a Friday?

What time does the post office open on a Sunday?

How many days does the post office close at 1:00pm?

Jolly Post Office Opening Times

Monday	9:00am - 3:00pm
Tuesday	9:00am - 4:30pm
Wednesday	9:00am - 1:00pm
Thursday	10:00 - 4:30pm
Friday	9:00am - 4:30pm
Saturday	9:00am - 1:00pm
Sunday	Closed



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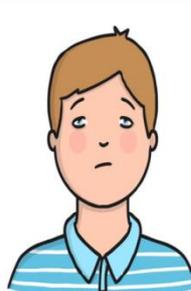
What time does the post office open on a Thursday?

What time does the post office close on a Wednesday?

What time does the post off close on a Monday?

Post Feelings!

There are lots of parts of the job of postwoman or postman. Let's figure out how Postwoman Paula might feel when these different things happen at work. Read what happens on the next page and then pick a feeling that might go with that problem or story. Help Postwoman Paula figure out what she will do next.

 <p>Happy</p> <small>twinkl www.twinkl.co.uk</small>	 <p>Sad</p> <small>twinkl www.twinkl.co.uk</small>	 <p>Astonished</p> <small>twinkl www.twinkl.co.uk</small>	 <p>Confused</p> <small>twinkl www.twinkl.co.uk</small>
 <p>Worried</p> <small>twinkl www.twinkl.co.uk</small>	 <p>Cross</p> <small>twinkl www.twinkl.co.uk</small>	 <p>Surprised</p> <small>twinkl www.twinkl.co.uk</small>	 <p>Sleepy</p> <small>twinkl www.twinkl.co.uk</small>

Post Feelings!

Postwoman Paula forgot to zip up her bag and all the letters fell out of her bag all over the street.

How does she feel?
What will she do next?

Postwoman Paula delivered the most letters every day last week. Her boss told her she did a great job and asked her to help the other postmen deliver more letters.

How does she feel?
How will she help the others deliver more letters?

One of Postman Paula's letters didn't have an address on the front, but it does have a sender address.

How does Paula feel?
How will she solve this problem?

Postwoman Paula got up at 8 o'clock in the morning and spent all day long delivering letters. She came home and went straight to bed. She woke up with a cold in the morning? Poor Paula!

How does she feel?

What will she do next?

A big scary dog barked at Postwoman Paula when she was delivering the post. The dog barks and growls when he sees Paula.

How does Paula feel?

What will she do next?

Paula has been delivering letters all day long in the rain. When she returns to the post depot, her colleague Pat has a cup of hot chocolate ready for her.

How does Paula feel?

What will she do next?

Where Do Letters Go?

Before we read this story let's make sure you know all these Posting Letters words. Read the explanation and see if they are true or false!

<p><u>Post Depot</u></p> <p>A place where all letters and packages are sorted and organised.</p>	<p><u>Envelope</u></p> <p>A biodegradable bag used to gather your food rubbish for recycling.</p>	<p><u>Post Box</u></p> <p>A box used to play with puppets and put on puppet shows.</p>
<p>True or False?</p>		
<p><u>Letters</u></p> <p>A piece of paper telling a story through pictures and cartoons.</p>	<p><u>Sorting Office</u></p> <p>A place where letters and packages are sorted according to their address and where they are being sent.</p>	<p><u>Post Office</u></p> <p>A place where people send their post, buys stamps and pay their bills.</p>

Where Do Letters Go?

Try to remember all the things that happen in this story as we're going to quiz you at the end.



Seán wrote a letter for his friend, Rachel. He wrote about all the things he was doing at home. Seán told his friend about playing in the garden, watching TV with his family and all the other great things he was doing. Once he finished the letter, he put it in an envelope, put a stamp on the envelope and then put it in a post box.

Philip the postman collected the letters from all the different letter boxes. He put all the letters from all the different people into his bag. Seán's letter to Rachel was in there too!



All the post was brought to the post depot where there is a sorting office, where the workers went through all the post during the night. The workers put the letters into different bags to make sure they were delivered to the right county. The workers sorted different types of letters, parcels and packages. Seán's letter to Rachel was put in the right bag for Rachel's county.

Post trucks collected the post for different places all over the country. These post trucks then delivered it to all the different post depots in each county.





In the post depots all the letters are checked (to make sure they are in the right county) and sorted into bags for each neighbourhood, village, and town. The post men and women collected these bags and got ready to begin their day.

The postwoman begins by delivering letters. She gets through most of his post by midday. In the middle of the day she finds Seán's letter and delivers it to Rachel.



Rachel opens the letter from her friend Seán. She is delighted to hear about how he is doing. She loved reading all about the games he played in his garden and the things he watched with his family. Rachel misses Seán and decides to write a letter back.

Rachel goes to the post box to post her letter and it all starts again!



The End.

Where Do Letters Go?

What is the first thing that happens after Seán posts his letter?

How do the letters get to the post depot?

How many places did Seán's letter visit before getting to Rachel? (Don't forget the vans and trucks!)

If you work in a post depot what do you have to be good at?

If you are postwoman or postman what skills do you need?

Where Do Letters Go?

Your Turn...

Why don't you write a letter to your friend or family? You can tell them all about what you have been doing. You can use the template included or make your own writing paper by drawing a picture and lines.

Tell your family or friends:

- 3 things you like doing with your family
- 3 things you like doing outside
- 3 things you are looking forward to

Then, you can post your own letter.

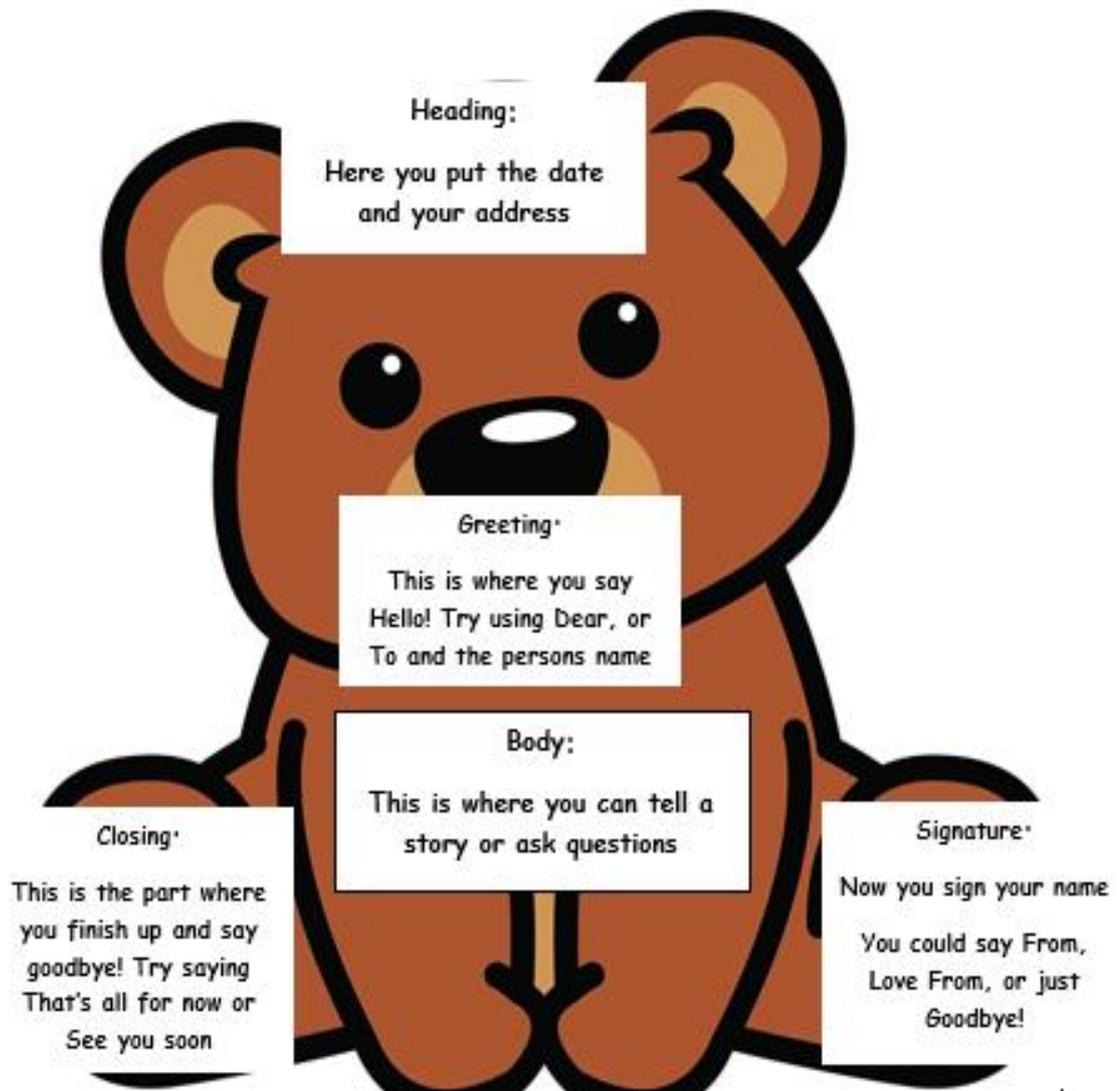


Where Do Letters Go?

Your Turn... Letter Plan

Every letter should have all these parts.

You can use this plan to help you write your letter!





Dear



love from,

Post Office Pass the Parcel

Have you ever player 'Pass the Parcel'?

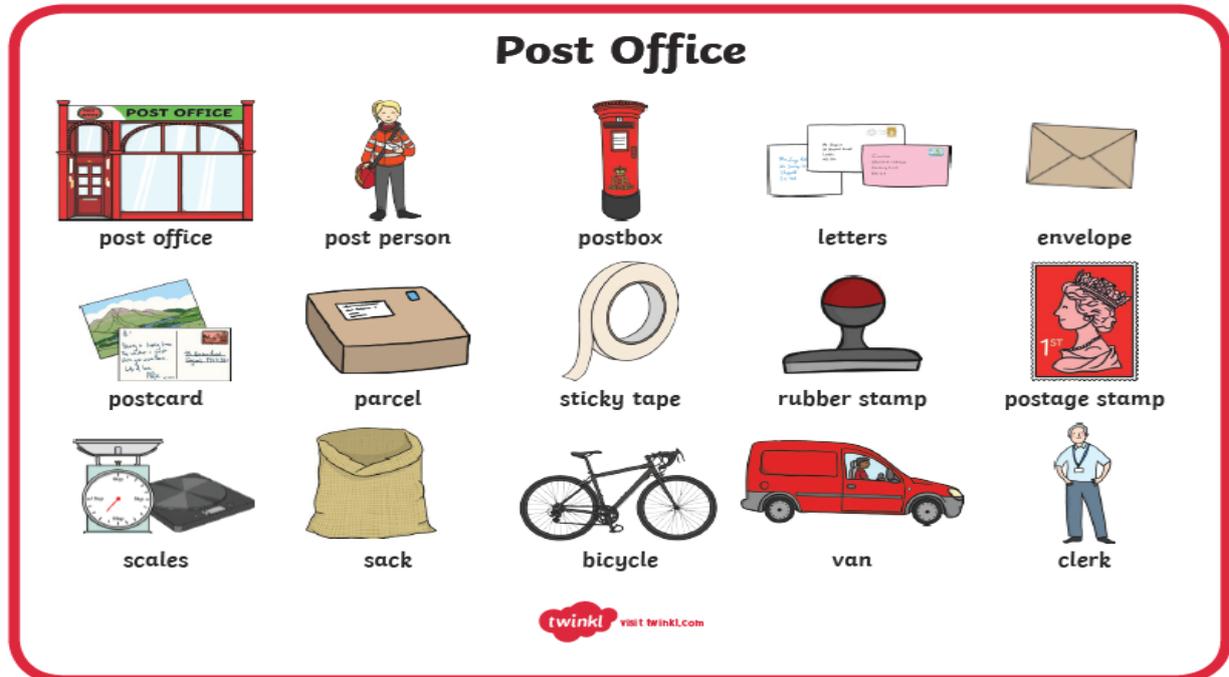
Take a toy or a household item and wrap it in many layers of wrapping paper, newspaper, kitchen paper or any paper you have lying around (check the recycling bin!) You will need some music for this game from a phone, tv or radio.

Pass the parcel as the music plays and whoever has the parcel when the music stops can take off a layer of paper and take a guess as to what is in the parcel.

If they didn't get it right start the music and pass the parcel again!



Post Office Memory Game



Using the pictures above, let's play a memory game.

We will use the phrase *"I went to post a letter and..."*

Take it in turns and each time someone will add something to our phrase. See who can remember the most.

For Example: Person 1: *"I went to post a letter and I met the clerk"*

Person 2: *"I went to post a letter and I met the clerk and I asked for an envelope"* This keeps going to see who can remember the most. Use the pictures below to help remember.

Post Office Postbox Game



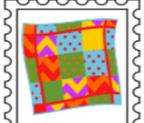
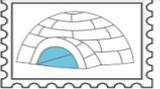
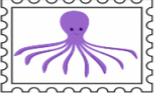
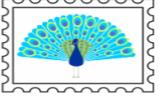
What you need: Shoebox or cereal box, sticky tape, scissors, old envelopes

Instructions:

Tape or draw a post box onto your shoebox or cereal box and ask a grown up to help you make a slot in your post box.

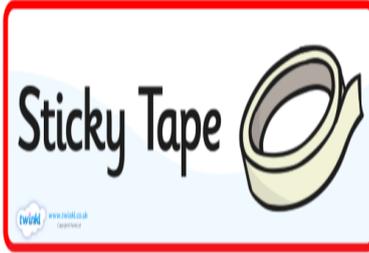
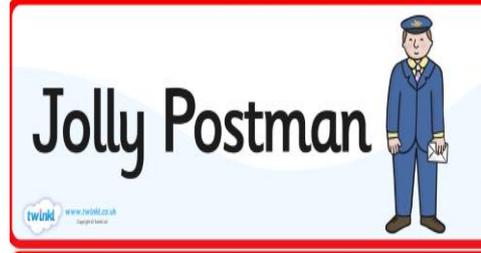
Take some old envelopes or piece of paper and draw stamps to go with each letter (see below) on 26 enveloped or pieces of paper. Call out the letters that can be posted each time. E.g. this time post Letters G, X and A. Before you post your letters you must make the sound of that letter and think of a word that begins with that letter. You can take turns with a grown up.

Post Office Postbox Game

Aa 	Bb 	Qq 	Rr 
Cc 	Dd 	Ss 	Tt 
Ee 	Ff 	Uu 	Vv 
Gg 	Hh 	Ww 	Xx 
Ii 	Jj 	Yy 	Zz 
Kk 	Ll 	Mm 	Nn 
Oo 	Pp 		

Post Office New Words

1. Can you put each of these words into a sentence?
2. Can you think of another word that starts with the same sound?
3. Can you think of a silly word that rhymes with this word?
4. What does this word make you think of?



Post Office Sending and Sorting Game

You will need:

4 cereal boxes or small boxes
(You can use more if you like!)

Marker/pen

Paper, card or envelopes (reuse old envelopes, cereal boxes, or cardboard containers)

Scissors

How to play:

Cut the cereal boxes in half and place them standing with the open side up. These are your post boxes.

Use a marker or pen to write the name of the room you will put the post boxes in: Kitchen, Bathroom, TV Room, Bedroom.

Using old envelopes or pieces of card to make new letters write an address on each one. Don't forget to use the rooms in your addresses: Cinderella, 23 Greenforest Cottage, The Bedroom.

Design a stamp for each envelope using colours, stickers, or whatever you have at home.

First, sort all the by room, making a pile of letters for each room / neighbourhood.

Next, deliver the letters to each room one by one, returning to the sorting office to collect each new pile.

Can you remember how many letters you delivered to each room / neighbourhood?

