



Chat Challenge with Dough

Each week we will share a new activity for you. These are fun activities, using things already in your home, which will support speech, language and communication.

You can see demonstrations of them ... https://youtu.be/f_kA3G1ajKo

To do this activity you will need:

- A type of dough or the ingredients to make it, depending on the activity

This chat challenge has been designed to focus on:

- listening
- describing
- turn taking
- sequencing
- social skills

For younger children:

- Follow the child's lead
- Talk about what you're making

For older children

- Encourage them to share ideas about different ways to use the dough
- After the activity see if they can retell what they did

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For Pre-School Children:

1. Use different colours of Play-Doh® or similar.
 - Talk about different colours
 - Make and name different shapes and patterns using cutters. If you don't have cutters, just use cutlery and items from around the house.
 - Let your child take the lead and you provide a running commentary alongside
 - e.g. "you rolled the red dough"
 - Ask your child to do different actions and then you do them too with them
 - e.g. roll, squeeze, pull, cut, smash
2. To extend the activity, show the differences between 'short' and 'long' dough sausages.
 - Ask them to make the longest sausage possible, then the shortest sausage
 - Add in another instruction / describing word like 'fat' or 'thin'

For children in their first years at school:

1. Have a go at making your own play dough. Recipe and instructions can be found here: <https://www.bbcgoodfood.com/howto/guide/playdough-recipe>
 - Begin by asking the child to find the items in the kitchen that you need, one at a time.
 - To make it more challenging, ask for more than one thing at a time, or only tell them what the item does, and they have to work it out.
 - Make the dough giving simple instructions using 'first, then'. Talk about the textures of the ingredients too - 'wet, dry, slippery, slimy, hard, soft'
 - Experiment with mixing colours and see if you can predict which colour it will make
2. Create a face onto a plate as the head.
 - Talk about different expressions and feelings you could have.

Look on the next page for activities for older children in primary and secondary school.

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For older children in primary school:

1. Have a go at making your own salt dough. Recipe and instructions can be found here: <https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>
 - Give step by step instructions and try using words like 'first, then, before, after'.
 - Talk about the dough going 'soft' to 'hard'
2. Once you've made the dough, make a scene from their favourite TV show, book or topic.
 - Then have fun bringing the show to life.

There are lots of other ideas on our social media pages (see bottom banner), and another activity coming soon!

For secondary school children:

1. Make your own bread dough ... then bake it! Recipe and instructions here: <https://www.bbcgoodfood.com/recipes/easy-white-bread>
 - If cooking with a few children, assign roles and have only one set of utensils etc so that they have to share and negotiate.
 - Use key vocabulary like 'measure, knead, prove, rise, bake'. This is specific vocabulary to baking, so have a conversation about what each word means.
 - Talk about the shape they have chosen for their bread, and any extras they add for crunch/ flavour
2. Take pictures of the bread making process and retell the story or make a video tutorial of how to make bread using the pictures

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