

Chat Challenge with ... a Bed Sheet

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/evz62z8QfkQ>

To do this activity you will need:

- A bed sheet / blanket / big towels
- Depending on the activity you may also need some extras as explained on the next page.

This chat challenge has been designed to focus on:

- developing vocabulary
- turn taking
- problem solving
- telling stories
- developing attention skills
- following instructions
- answering questions

For younger children:

- Label: a range of objects, actions and describing words
- Comment: on what you think your child is thinking/feeling
- Model: by repeating back and expanding on what they say.

For older children

- Encourage them to make predictions
- Encourage them to take the lead

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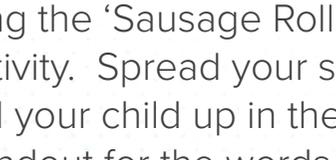
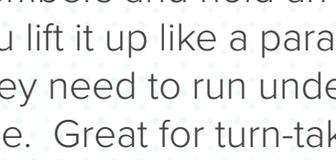
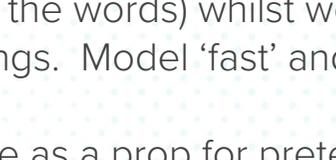
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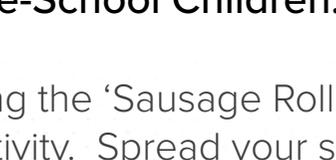
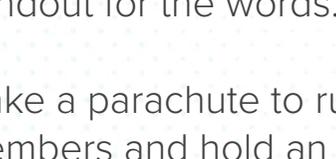
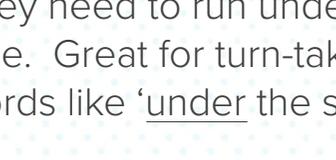
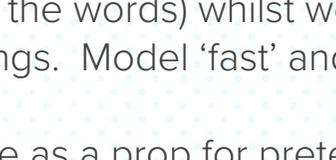
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For Pre-School Children:

1. Sing the 'Sausage Roll' song! A great sensory activity. Spread your sheet out, and sing this as you roll your child up in the sheet. See the end of this handout for the words.
2. Make a parachute to run underneath. Include family members and hold an edge of the sheet each. As you lift it up like a parachute, call someone's name. They need to run underneath and out the other side. Great for turn-taking, and to model position words like 'under the sheet', and 'next to [person]'.

3. Butterfly wings. Sing the song (see end of handout for the words) whilst wearing the sheet as a cape/wings. Model 'fast' and 'slow' flapping.

4. Use as a prop for pretend play. It could be a screen for peekaboo, or a fancy dress outfit: a cape to become a superhero or princess, or a ghost!


For children in their first years at school:

1. Spread your sheet out and have a tea party. Invite toys or family members. Model the words for the pretend/real food, and try to describe them e.g. 'mmmm, a cold ice-cream'.

2. Make a flag. Fold your sheet and tie it on a long stick. This can be a prop for playing pirates, or any imaginary game. Could it be a new island with cushions? What will you do on your island?

3. Build a den and use the sheet as a roof. Model words like 'higher, taller, bigger' as you build. If something goes wrong, see if they can suggest a way to fix it.

4. Create an obstacle course. Lay it on the floor with the corners weighed down. Can they crawl under it? Model the action words like 'wiggle, crawl, slide' and then ... 'pop'.


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. Build a tent or tipi together. This could create a quiet space for reading, listening to music, or just being calm. Sit and listen and think about what you can hear. Later, draw a picture of what you heard.
2. Make a kite. Collect 2 sticks and put them in a cross shape tied together. Put them as a frame on your sheet and tie string to each of the edges to make a diamond shape. Then attach string.
 - There are some instructions here: <https://www.wikihow.com/Make-a-Kite>
 - See if your child can follow some of the instructions and find the materials. Take photos of each step so that you can talk about what you did using words like 'first, next, last'.

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

For secondary school children:

1. Build a tent of tipi together. See if your child can follow longer instructions or try for themselves. This is great for problem solving.
 - Take photos as they go along, and after get them to put them in the right order. Can they tell you the story, using 'first, next, last, then, before, after'.
 - See if they can create a 'how to' instruction book or video to send to someone.
2. Tie Dye! Take an old sheet and follow the instructions at the end of this leaflet. There are also clips here: <https://www.youtube.com/>
 - Talk about what would happen if you mixed certain colours, or tied the fabric a certain way. See if your predictions were right!
3. Make clothes from an old sheet or the tie dye one. You could use a t-shirt for a template and stitch front and back together. How many action words can you use during the activity?

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Extra Info...

'Sausage Roll' Song

I'm gonna make a sausage roll,
sausage roll, sausage roll,
I'm gonna make a sausage roll,
roll, roll, roll.

'Butterfly Wings' Song

(sing to 'Wheels on the Bus' tune)

Butterfly wings go up and down
Up and down
Up and down
Butterfly wings go up and down
All day long

Tie Dye a Sheet

You will need:

Sheet

Water

Vinegar

Elastic Bands

Food colouring

Instructions

1. Take an old sheet
2. Soak it in a solution that is half a cup water, half a cup white vinegar in a bucket / bowl.
3. Twist sections of your sheet and tie them up with elastic bands.
4. Mix your food colouring with half a cup of water and pour it on to your sheet
5. Add half a cup of water, and half a cup of salt
6. Leave for 10 minutes (or if you want stronger colours, wrap it in a plastic bag and leave overnight)
7. Wring out your sheet and let it dry.

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