

CHALLENGE SHEET

To complete each week's challenge, spend five minutes per day on the activities below.

Her Haf
Dechrau
Siarad

Get Talking
Summer
Challenge

Week 1

Our best place
is face to face



Use this time to get to know your child even better! What do they enjoy looking at? What sounds do they like to make?

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...try playing peekaboo and pulling funny faces!

Week 2

Sing me a rhyme
at any time



Ask someone to teach you a song or rhyme from their childhood, and then practise this with your little one! For an extra challenge, why not try actions too?

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Week 3

Let's talk and
play every day



Can you turn daily tasks into playtime? While you help your little one get dressed, put their socks on their hands instead of on their feet. See what they say and do next!

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...remember, any time
is talk and play time!



Tick the box
when you're
done

Week 4

Let's look at
books together



Can you share a book with your little one every day this week? Let them take the lead and explore the pictures together. You don't need to read the words – talk with them about what you can see!

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...try talking using a
silly voice

Week 5

Talk with me about
what we can see



Every day this week, try pointing out five household objects with your little one, and share the words with them. Your child watches and listens to you, so you're helping them learn new words all the time!

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Week 6

Let's turn
'screen time' into
'you and me time'!



For every question you ask, aim to make four comments. For example: "Who's your favourite character? I like Lala because she's funny. Now she's jumping up and down. Jumping looks fun! Let's have a go at jumping."

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...yes, a round,
shiny apple



Week 7

Add a word to
what you have
heard me say



Choose a word you don't often use with your child, then aim to say this five times per day. It could be a doing word like 'floating', a feeling word like 'calm', or a describing word like 'shiny'!

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Share updates on your little one's talking journey [#GetTalkingChallenge](#)