

5 Minute Judaism SHABBAT ACTIVITY Plaiting Challah

Here is one way of teaching how to do a 3-part plait.

You will need 3 “table tennis” sized balls of playdough. The colours here are for show, in the classroom each person could get three pieces of playdough in the same colour.

1. Divide the playdough into 3 equal balls.



2. Ask the children to roll each of the balls into 3 sausages of equal length:

- Rolling them on the table
- Roll them with two hands
- Push gently while rolling and gradually spread your hands out



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3. Pinch one end of the three sausages together and spread out the other end of the sausages



4. Begin plaiting:
 - Each sausage wants to be in the middle and needs to hop over another one to get there
 - Each side takes turns to hop over to be the new middle:
 - Hop the right – yellow – to the middle, and spread out
 - Hop the left – pink – to the middle, and spread out

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- Hop the right – green – to the middle and spread out
- Hop the left – yellow – to the middle
- Keep going along the same pattern until you run out of length
- Squeeze the ends together once all the sausages have been used up.



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