

# 50 things to do <sup>1</sup>

## BEFORE YOU TURN ONE



SEE BUBBLES  
IN THE SKY

MEET A  
FRIENDLY DOG

EXPLORE  
MESSY ART

VISIT A  
SENSORY ROOM

SEE DUCKS AT  
A POND

FIRST PICNIC  
IN THE PARK

ATTEND BABY  
RHYME TIME

EXPLORE A  
TREASURE  
BASKET

SPLASH IN A  
PADDLING  
POOL

LOOK IN A  
MIRROR

WATCH RAIN  
THROUGH A  
WINDOW

GLOW AND  
DARK PLAY

WHIPPED  
CREAM PLAY

WATCH A  
THEATRE  
SHOW

SENSORY  
STORIES

EXPLORE A  
NATURE  
BASKET

BALLOON PLAY

BEACH WALK

VISIT A FARM

EXPLORE  
CRAWLING  
TUNNELS

FLY A MINI  
KITE

LIE UNDER A  
BIG TREE

CLIMB INTO A  
BIG BOX

WATCH A  
PUPPET SHOW

ICE PLAY

HEAR A NEW  
LANGUAGE

HEAR WIND  
CHIMES

PLAY WITH  
SCARVES

VISIT A  
BUTTERFLY  
HOUSE

JOIN THE  
LIBRARY

TAKE A SHORT  
TRAIN RIDE

A CEILING  
BALLOON  
PARTY

GO ON A  
SUNSET STROLL

VISIT A  
GALLERY OR  
MUSEUM

TRY A BABY  
SWING

FEEL THE  
RAIN

EXPLORE  
LIGHT &  
SHADOW

UNWRAP A  
BOX

FEEL A FAN

EXPLORE  
BLACK &  
WHITE

LISTEN TO  
CLASSICAL  
MUSIC

VISIT WINTER  
LIGHTS

TRY A JELLY  
DIG

FOAM MIRROR  
PAINTING

VISIT A PET  
SHOP

EDIBLE  
FINGER  
PAINTING

SMELL  
FLOWERS

EXPLORE A  
'SELFIE'  
WALLET

TOUCH COLD  
& WARM  
WATER

LISTEN TO  
THE WASHING  
MACHINE



# 50 things to do

## BEFORE YOU TURN TWO



|                                 |                           |                             |                              |                          |
|---------------------------------|---------------------------|-----------------------------|------------------------------|--------------------------|
| SPLASH IN A PUDDLE              | SQUISH PLAYDOUGH          | FEEL SAND BETWEEN TOES      | PLAY WITH WATER IN THE SINK  | WALK BAREFOOT ON GRASS   |
| LISTEN TO DIFFERENT MUSIC.      | BANG ON POTS & PANS       | TASTE YOUR FIRST ICE CREAM  | RIDE ON SOMEONES SHOULDERS   | CHASE BUBBLES IN THE AIR |
| BLOW OUT CANDLES                | WATCH FIREWORKS           | EXPLORE A PUMPKIN PATCH     | COLLECT LEAVES IN AUTUMN     | PLAY IN A BALL PIT       |
| MAKE ANIMAL SOUNDS              | TRY BABY YOGA             | GO TO A SPRING FLOWER FIELD | HUNT FOR EASTER EGGS         | TRY FRESH WATERMELON     |
| LAUGH SO HARD YOUR BELLY SHAKES | BAKE COOKIES              | EXPLORE BUBBLE WRAP         | CRUMPLE TISSUE PAPER         | SHAKE HOMEMADE SHAKERS   |
| PLAY DRESS UP                   | HOST A TEDDY BEARS PICNIC | WASH UP IN THE SINK         | PADDLE IN THE SEA            | JOIN THE LIBRARY         |
| EXPLORE HERBS                   | LICK A LEMON              | SPIN IN A SWIVEL CHAIR      | RUN WITH SCARVES IN THE WIND | PLAY WITH FLOATING TOYS  |
| FILL AND POUR CUPS IN THE BATH  | SQUISH MUD                | TOUCH TREE BARK             | SCRIBBLE ON BIG PAPER        | EXPLORE ECHOES           |
| LISTEN TO MADE UP STORIES       | DROP BALLS INTO A TUBE    | PEEL TAPE OFF A SURFACE     | THREAD PASTA ON STRING       | ROLL CARS DOWN A RAMP    |
| WATCH A BUTTERFLY               | SEE HOW ICE MELTS         | BLOW A DANDELION            | LOOK AT THE MOON & STARS     | PLAY WITH MAGNETS        |



# 50 things to do 3

BEFORE YOU TURN THREE



|                           |                               |                            |                                  |                            |
|---------------------------|-------------------------------|----------------------------|----------------------------------|----------------------------|
| CLIMB A SMALL LADDER      | PEDAL A TRICYCLE              | USE A SPOON & FORK         | HELP STIR BATTER IN THE KITCHEN  | SING AN ENTIRE SONG        |
| VISIT A PETTING ZOO       | GO BERRY PICKING              | RIDE A CAROUSEL            | PAINT WITH HANDS                 | PLAY DRESS UP              |
| MAKE SNAKES IN PLAYDOUGH  | DANCE WITH A RIBBON WAND      | PLAY WITH GLOOP            | SMELL SPICES                     | MATCH SOCKS                |
| PLAY 'I SPY' WITH COLOURS | MAKE A PRETEND SHOP           | ACT OUT A STORY            | WATCH CLOUDS & FIND SHAPES       | JUMP IN WAVES AT THE BEACH |
| PICK APPLES FROM A TREE   | DECORATE YOUR OWN CUPCAKE     | SQUEEZE FRESH ORANGE JUICE | TASTE SOMETHING NEW              | TRY CHOP STICKS            |
| CRUSH CRACKERS INTO SOUP  | HOST A TEA PARTY WITH DOLLS   | PRETEND TO BE ANIMALS      | PLAY WITH SQUIRTY BOTTLES        | PRETEND TO CAMP            |
| JUMP OFF A LOW STEP       | PLAY MUSICAL CHAIRS           | SAY 'HI' TO NEIGHBOURS     | PRETEND TO 'DRIVE'               | WALK ACROSS A BRIDGE       |
| WATCH PLANES TAKE OFF     | BUILD A TOWER TALLER THAN YOU | MAKE A STICKY COLLAGE      | SIFT FLOUR                       | MAKE A FRUIT KEBAB         |
| ROLL DOUGH INTO BALLS     | WASH THE DISHES               | SPIN A HULA HOOP           | TRY A MINI TRAMPOLINE            | TRY A BALANCE BIKE         |
| TELL KNOCK-KNOCK JOKES    | RUN THROUGH A SPRINKLER       | WATCH ANTS CARRY FOOD      | POP BALLOONS WITH GLITTER INSIDE | PLAY CHASE                 |



# 50 things to do

# 4

BEFORE YOU TURN FOUR



|                                |                                  |                           |                          |                              |
|--------------------------------|----------------------------------|---------------------------|--------------------------|------------------------------|
| GO ON A SHORT HIKE             | BUILD A CASTLE AT THE BEACH      | CAMP IN THE BACK YARD     | RIDE A PONY              | MAKE A CROWN                 |
| JUMP IN A BIG PILE OF LEAVES   | GO FRUIT PICKING                 | MAKE A WORMERY            | PLAY SOUND HIDE & SEEK   | BAKE BISCUITS                |
| SPRAY WITH A HOSE PIPE         | LEARN 8 NURSERY RHYMES           | POUR & MEASURE WATER      | USE SCISSORS             | BLOW BALLOONS & LET THEM GO  |
| WALK A DOG                     | EXPLORE COINS.                   | MAKE A TABLE DECORATION   | MAKE A CARDBOARD HOUSE   | SWING UP TO THE SKY          |
| MARCH LIKE A SOILDER           | LISTEN TO NATURE SOUNDS          | MAKE ECHOES IN A TUNNEL   | WHISPER A MESSAGE        | MAKE A BOAT & SAIL IT        |
| PLAY DOCTOR ROLE PLAY          | LISTEN TO A SHELL                | LEARN ABOUT BIRDS         | WASH A CAR               | GO TO THE LIBRARY EVERY WEEK |
| PUSH YOUR OWN TROLLEY          | MAKE A PIZZA                     | BUILD A STICK DEN         | MAKE STAMPS WITH SPONGES | WEAR A CAPE                  |
| MAKE SOCK PUPPETS              | SING WITH A CARDBOARD MICROPHONE | VISIT A CONSTRUCTION SITE | USE A MAGNIFYING GLASS   | MAKE SNOW FROM TISSUE PAPER  |
| PLAY VETS WITH STUFFED ANIMALS | TRY A SPICY FOOD                 | MAKE JELLY                | MASH POTATOES            | EAT BREAKFAST OUTSIDE        |
| MAKE A HOME FOR A SNAIL        | SEE YOUR BREATH ON A COLD DAY    | MAKE A DAISY CHAIN        | BALANCE ON ONE FOOT      | DANCE IN FRONT OF A MIRROR   |



# 50 things to do 5

## BEFORE YOU TURN FIVE



|                               |                             |                         |                           |                            |
|-------------------------------|-----------------------------|-------------------------|---------------------------|----------------------------|
| RUN THROUGH LONG GRASS        | READ STORIES BY TORCH LIGHT | JUMP IN PUDDLES         | PLANT & GROW SEEDS        | CLIMB A TREE               |
| CLIMB A HILL                  | CARE FOR A LIVING THING     | DAM A STREAM            | VISIT THE BEACH           | SLEDGE DOWN A HILL         |
| HUNT FOR BUGS                 | MAKE A SOFA FORT            | DANCE IN THE KITCHEN    | PLAY POOH STICKS          | DIG FOR WORMS              |
| CREATE ART WITH NATURE        | MAKE PETAL PERFUME          | WALK BARE FOOT ON GRASS | DANCE IN THE RAIN         | FEED THE DUCKS             |
| GO ON A WINDY WALK            | JUMP IN AUTUMN LEAVES       | ROLL DOWN A HILL        | MAKE PLAYDOUGH            | BAKE A CAKE                |
| PLAY DRESS UP                 | HOST A TEDDY BEARS PICNIC   | WASH UP IN THE SINK     | PADDLE IN THE SEA         | JOIN THE LIBRARY           |
| COLLECT SOME NATURAL TREASURE | CHALK PICTURES              | PLAY HIDE AND SEEK      | MAKE POTIONS IN THE BATH  | PAINT SOME ROCKS           |
| PAINT WITH WATER OUTSIDE      | HAVE A SNOW BALL FIGHT      | MAKE A PLAY SHOP        | BUILD A DEN               | WASH THE WINDOWS           |
| PAINT TO MUSIC                | TAKE A BUS RIDE             | GO ON A NIGHT WALK      | PLAY WITH BOXES           | LOOK FOR FACES IN THE MOON |
| MAKE CARDS FOR FRIENDS        | PLAY WITH POTS AND PANS     | POST A LETTER HOME      | RUN THROUGH THE HOSE PIPE | MAKE & EXPLORE ICE CUBES   |