

50 things to do **1**

BEFORE YOU TURN ONE



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| 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 **2**

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



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| 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



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| 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



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| 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 |