

50 things to do ¹

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

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