

50 things to do before you are 5



1. Take a trip to a zoo or farm
2. Go berry picking
3. Visit your local play park
4. Go for a walk across your local fields in all seasons
5. Watch a tree change across the seasons
6. Go for a woodland walk
7. Climb a tree
8. Feed some ducks
9. Visit a splash park
10. Go for a swim
11. Visit a beach
12. Go for a paddle at the seaside
13. Make a sandcastle
14. Find a rockpool and investigate the life in it
15. Join your local library and borrow some books
16. Visit a library for Storytime
17. Make a den (inside and/or outside!)
18. Visit an elderly person
19. Paint a picture
20. Cut out a picture using some scissors
21. Learn how to write your name
22. Help to bake a cake at home
23. Help to make your own dinner
24. Visit a pet shop
25. Splash in some puddles
26. Go on a walk in the dark with some torches



27. Sleepover at a relatives house
28. Finger painting
29. Have your face painted
30. Learn how to ride a bike without stabilizers
31. Make a paper aeroplane
32. Go for a picnic
33. Make a daisy chain
34. Learn how to dress yourself
35. Learn how to use the toilet
36. Practice road safety with a grown up
37. Run through some long grass
38. Go on a treasure hunt
39. Go on an Easter egg hunt
40. Play 'pooh sticks'
41. Play hide and seek
42. Go on a bug hunt
43. Make a 'bug hotel'
44. Fly a kite
45. Play in some autumn leaves – throw them up in the air and crunch them under foot.
46. Lie down and watch the clouds
47. Blow a dandelion clock
48. Balance on a log
49. Chase your shadow on a sunny day
50. Play make-believe – who will you be?

