

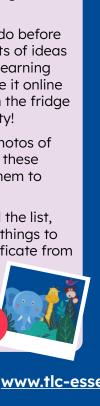
things to do before you're 5

Playing with your child is one of the most important things you can do to support their development. The time you spend playing together will help them learn all sorts of things - from counting and writing, to exploring and making new friends.

Our list of 50 things to do before you're 5 will give you lots of ideas to support your child's learning through play - Complete it online or print it off, stick it on the fridge and tick off each activity!

We would love to see photos of your children achieving these things, you can email them to tlc@essex.gov.uk

Once you've completed the list, download your own 50 things to do before you're 5 certificate from the TLC website.



1 Run through long grass (barefoot if you can) 2 Lie in the long grass and feel the grass between your toes, fingers tickling your nose 3 Go on a walk through the woods in all seasons and weathers! 4 Not near any woods? Go for a walk around your neighbourhood, find a tree and watch it change through the seasons 5 Plant and care for a beautiful smelling flower 6 Go on a treasure hunt 7 Have a feddy bear's picnic 8 Climb a tree 9 Play 'pooh sticks' 2 Roll down a hill 2 Care for a pet (no matter how small) 13 Play hide and seek 14 Take part in an Easter egg hunt at home 15 Play lide and seek 16 Paddle in the sea 16 Paddle in the sea 17 Build sandcastles 18 Investigate and discover life in rock pools 20 Paint and care as much as you can 21 Play make believe, and be who you want to be; a spaceman on the moon or a knight in a castle on a spaceman on the moon or a knight in a castle 22 Have a picnic outdoors or indoors with all your favourite treats 22 Have a picnic outdoors or indoors with all your favourite treats 23 Be an explorer and hunt for bugs 24 Help make your own dinner 25 Look for worms, and see how they wiggle 25 Look for worms, and see how they fly was end to a windy day. Take a scarf or a kite and go on a long bike ride 26 Go for a walk on a windy day. Take a scarf or a kite and lick the spoon! 27 Roll down a hill 28 Dig for treasure 28 Dig for treasure 29 Play 'pooh sticks' 29 Try baking a cake and lick the spoon! 30 Make perfume from flower petals 40 Lie on your back outdoors and watch the clouds 41 Go blackberry picking and eat as many as you can! 42 Moke a mud pie 43 Blow a dandelion clock 44 Balance on a log 45 Chase your shadow on a sunny day 46 Carch rain or snow on your tongue 47 Go on a torch-lit walk in the dark, look for stars and night time animals 48 Sleep in a tent 49 Toost marshmallow on a camp fire 50 Join the library and borrow some books	No.	Activity	Tick	No. Activity	Tick	No. Activity	Tic
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