

# 50

## 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](mailto: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.



No.	Activity	Tick
1	Run through long grass (barefoot if you can)	<input type="checkbox"/>
2	Lie in the long grass and feel the grass between your toes, fingers tickling your nose	<input type="checkbox"/>
3	Go on a walk through the woods in all seasons and weathers!	<input type="checkbox"/>
4	Not near any woods? Go for a walk around your neighbourhood, find a tree and watch it change through the seasons	<input type="checkbox"/>
5	Plant and care for a beautiful smelling flower	<input type="checkbox"/>
6	Go on a treasure hunt	<input type="checkbox"/>
7	Have a teddy bear's picnic	<input type="checkbox"/>
8	Climb a tree	<input type="checkbox"/>
9	Play 'pooh sticks'	<input type="checkbox"/>
10	Make an insect house	<input type="checkbox"/>
11	Learn to ride a bike and go on a long bike ride	<input type="checkbox"/>
12	Care for a pet (no matter how small)	<input type="checkbox"/>
13	Play hide and seek	<input type="checkbox"/>
14	Take part in an Easter egg hunt at home	<input type="checkbox"/>
15	Visit the seaside. Explore, and find treasures at the beach	<input type="checkbox"/>
16	Paddle in the sea	<input type="checkbox"/>
17	Build sandcastles	<input type="checkbox"/>
18	Investigate and discover life in rock pools	<input type="checkbox"/>

No.	Activity	Tick
19	Visit the farm or zoo	<input type="checkbox"/>
20	Paint and create as much as you can	<input type="checkbox"/>
21	Play make believe, and be who you want to be; a spaceman on the moon or a knight in a castle	<input type="checkbox"/>
22	Have a picnic outdoors or indoors with all your favourite treats	<input type="checkbox"/>
23	Be an explorer and hunt for bugs	<input type="checkbox"/>
24	Help make your own dinner	<input type="checkbox"/>
25	Look for worms, and see how they wiggle	<input type="checkbox"/>
26	Go for a walk on a windy day. Take a scarf or a kite and see how they fly	<input type="checkbox"/>
27	Roll down a hill	<input type="checkbox"/>
28	Dig for treasure	<input type="checkbox"/>
29	Try baking a cake and lick the spoon!	<input type="checkbox"/>
30	Make perfume from flower petals	<input type="checkbox"/>
31	Go crabbing	<input type="checkbox"/>
32	Make a snow angel and have a snowball fight	<input type="checkbox"/>
33	Play with water, pour, explore, wash toy cars	<input type="checkbox"/>
34	Use all of the furniture downstairs and all the blankets/towels from upstairs to make a huge den/fort that you can crawl around	<input type="checkbox"/>

No.	Activity	Tick
35	Have a sleepover in the den you've made	<input type="checkbox"/>
36	Show your grown up how to hit nails into wood, use real tools and be creative with bits and bobs	<input type="checkbox"/>
37	Play in autumn leaves and throw them over your head. Listen for the crunch under foot, then pick your favourites and make your very own leaf man character!	<input type="checkbox"/>
38	Read a book under a tree	<input type="checkbox"/>
39	Go out in the rain and jump in puddles	<input type="checkbox"/>
40	Lie on your back outdoors and watch the clouds	<input type="checkbox"/>
41	Go blackberry picking and eat as many as you can!	<input type="checkbox"/>
42	Make a mud pie	<input type="checkbox"/>
43	Blow a dandelion clock	<input type="checkbox"/>
44	Balance on a log	<input type="checkbox"/>
45	Chase your shadow on a sunny day	<input type="checkbox"/>
46	Catch rain or snow on your tongue	<input type="checkbox"/>
47	Go on a torch-lit walk in the dark, look for stars and night time animals	<input type="checkbox"/>
48	Sleep in a tent	<input type="checkbox"/>
49	Toast marshmallows on a camp fire	<input type="checkbox"/>
50	Join the library and borrow some books	<input type="checkbox"/>