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the app!



50 **five** before you're
things to do

Fifty low- or no-cost activities for families, in a **FREE** app

50 Things To Do Before You're Five aims to provide inspiration for parents and carers to connect with children through a range of activities, all designed to have a positive impact on learning and health.

10 play ideas



#8 Bubbles

Playing a simple game of peek-a-boo can be a great way to reaffirm relationships and build bonds.

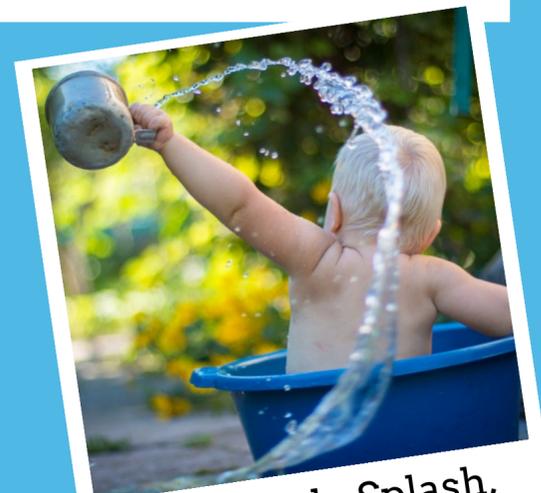


#32 Where Have I Gone?



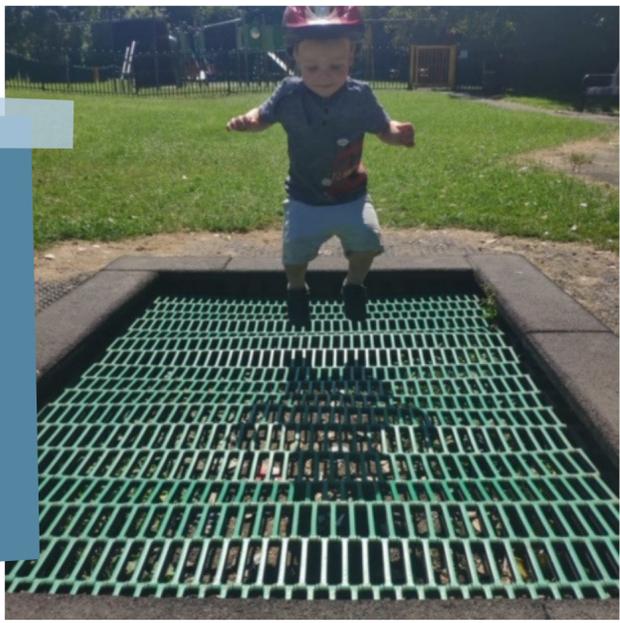
#25 Creative Junk

Tip: Creative Junk can get messy so make sure you do it where things can't get damaged.



#26 Splish, Splash, Splosh

Why not share stories with your child that link to this play activity – All Fall Down! (Helen Oxenbury) might become a favourite.



#31 Boing!



#15 Dressing Up

Dressing up and pretend play are important opportunities for children to explore their ideas. They can experience things through play that they wouldn't otherwise experience.



#35 Trip Trap, Who's That Walking Over My Bridge?



#5 Squidgy Sand

Great for developing fine and gross motor skills!

Spending time in a local park can help children's emotional and physical well-being.



#42 The Rough and the Smooth



#27 Little People, Park Keeper



50TTD



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www.50thingstodo.org