

50 Things to do Before you're 5

Low cost or no cost activities to do at home or in your local area



34. Plant something (flowers, cress, vegetables) and help it grow 

35. Hunt for bugs. Remember to look under stones 

36. Balance on a log. How long can you stay on it? 

37. Go on a walk in the dark. Look at the stars, take a torch to look for nighttime animals and listen for different sounds 

38. Go for seasonal walks and talk about the changes to nature - for example picking blackberries, collecting conkers, kicking Autumn leaves, wrap up warm in the winter with scarves and gloves, look for signs of Spring, such as buds growing on the branches 

39. Go on a sound walk. How many different sounds can you hear? 

40. Run and climb at a park 

41. Chase your shadow on a sunny day 

42. Clamber over rocks 

43. Watch the clouds. Can you make them into something? An animal or maybe a character from a book? 

44. Roll down a hill 

45. Collect sticks to play stick Jenga or a game of pick up sticks, put the sticks in order of length, try to write your name using twigs and sticks 

46. Spot numbers when you're out and about, on houses and buses. Where else can you see numbers? 

47. Learn to ride a bike and go on a bike ride 

48. Make your own mud kitchen and collect petals, leaves, grass etc to make magic potions 

49. Use chalk on the ground outside. Draw and play hopscotch 

50. Make a scrapbook collecting memories of your special family time together including tickets, postcards, menus, leaflets, sketches and simple drawings 

Best Start Family Hubs

South Lakeland:

E: SLakesFamilyHubs@westmorlandandfurness.gov.uk
T: 01539 713070
f: Family Hubs in South Lakeland

Eden:

E: edenfamilyhubs@westmorlandandfurness.gov.uk
T: 01768 899901 f: Family Hubs in Eden

Barrow:

E: BarrowFamilyHubs@westmorlandandfurness.gov.uk
T: 01229 407384 or 01229 408190
f: Family Hubs in Barrow-in-Furness

Family Information Service:

E: fis@westmorlandandfurness.gov.uk
T: 07785 456 983

0-19 Healthy Child Programme

E: hdft.spoc0-19waf@nhs.net
Single Point of contact telephone number:
T: 0300 304 9039



1. Have fun making eye contact with your baby and playing peek-a-boo. Pull silly faces in the mirror
2. Learn 5 new nursery rhymes, including some with numbers in them
3. Join your local library- it's free! Borrow some books
4. Enjoy tummy time to help strengthen muscles
5. Make up songs together
6. Snuggle up and read stories and talk about the pictures
7. Choose a toothbrush and brush your teeth twice a day
8. Go to an activity with other children. Look out for a local parent and toddler group or a story time at a library



9. Play with water in the sink, bath or a paddling pool. Pour it, explore and wash a toy
10. Have fun with bubbles. Blow them, watch them, chase them, catch them
11. Build a tower with blocks – how many can you stack? You can try this with pebbles at the river
12. Play with playdough or make your own salt dough. Squeeze it, roll it and cut out shapes
13. Make a jigsaw
14. Thread pasta or beads to make some jewellery

15. Make marks in the mud using a stick or your wellies. What else can you make marks with?
16. Build a sandcastle
17. Put up your umbrella and go walking in the rain. Jump and splash in puddles
18. Paint with water on the ground or walls outside

19. Go to the toilet and wash your hands
20. Play a game with a friend. You could try hide and seek, I-spy (you can try using colours instead of letters), snap or any other board game
21. Help set the table with a knife and fork then use these to eat your food
22. Have a picnic outdoors. Help make the food and try a new fruit. You could take your teddies for a teddy bears' picnic
23. Go on a scavenger hunt. Your grown up can make a list of everyday items for you to find
24. Bake a cake for someone's birthday – or perhaps your own. (Don't forget to lick the spoon or scrape the bowl once you're all done!)
25. Dress up. Your grown up may let you use their clothes. Try to fasten the zip or buttons on your own. Practice dressing including fastening Velcro, buttons, toggles, poppers and eventually shoelaces! Try acting out your favourite story



26. Play with puppets. You can make your own from a wooden spoon or old sock
27. Use a big empty box to be whatever you want it to be! Will it be a rocket, a car, a house? Let your imagination run wild!
28. Make a den. Use sheets, cushions and blankets or chairs inside, or long branches and sheets outdoors
29. Play musical statues. Dance to the music then stand still when it stops
30. Make something from junk- empty boxes and tubes are perfect
31. Collect pebbles then paint them as an animal or your choice of pattern
32. Kick and catch a ball, or play balloon catch
33. Make a kite and go and fly it on a windy day

