

50 things to do before you're 5

Playing with your child is one of the most important things you can do to support your child's 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.

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

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! See all the country parks in Solihull and West Midlands
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 teddy bear's picnic
8. Climb a tree
9. Play 'pooh sticks'
10. Make an insect house
11. Learn to ride a bike and go on a long bike ride
12. Care for a pet (no matter how small)
13. Play hide and seek
14. Take part in an Easter egg hunt at home
15. Visit the seaside. Explore, and find treasures at the beach
16. Paddle in the sea
17. Build sandcastles
18. Investigate and discover life in rock pools
19. Visit the farm or zoo
20. Paint and create 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
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
26. Go for a walk on a windy day. Take a scarf or a kite and see how they fly
27. Roll down a hill
28. Dig for treasure
29. Try baking a cake and lick the spoon!
30. Make perfume from flower petals
31. Go crabbing
32. Make a snow angel and have a snowball fight
33. Play with water, pour, explore, wash toy cars
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

35. Have a sleepover in the den you've made
36. Show your grown up how to hit nails into wood, use real tools and be creative with bits and bobs
- 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!
38. Read a book under a tree
39. Go out in the rain and jump in puddles
40. Lie on your back outdoors and watch the clouds
41. Go blackberry picking and eat as many as you can!
42. Make a mud pie
43. Blow a dandelion clock
44. Balance on a log
45. Chase your shadow on a sunny day
46. Catch 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. Toast marshmallows on a camp fire
50. Join the library and borrow some books