



50

things to do

before you're

five

Get To Know You

**Your baby will benefit from having a close, loving relationship with the grown-ups in their life.**

.....

Getting to know your baby is helped by using lots of eye contact; 'wired' to respond to your face, developing their communication and practising early sounds with you.

#1

# #1

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## How to do it...

Give your baby a flying start by singing to your bump – they can recognise your voice as early as 24 weeks. Infant massage, lots of eye contact and gentle talking or singing help your baby to remain calm and to get to know you. They have lots to learn from you!



### What you will need

Massage can be a soothing activity for you and your partner to try with your baby, involving gentle, rhythmic stroking of your baby's body with your hands. You can use oils or a moisturiser to help your hands glide smoothly over your baby's skin. You can talk softly, hum or sing to them while you are massaging, which may make it more reassuring.



### Extra Information

You might prefer to attend a baby massage class with other parents. If so, ask your health visitor for more information.



### Another activity to try...

Your baby will enjoy songs and rhymes from pre-birth all through their early years – try #6 Rhyme Time next.



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Where Am I?

#  
2

Help baby understand their world, talk about the people around them: mum, máthiar, **مأم**, mamá, daddy, dáid, papa and **والد**.

.....

Your baby learns all of their early language from you, so help them by introducing a growing number of words, tell them that's their nose, their smile, and name things and people they see. Speaking more than one language is great – talk to your baby in your home language, not just English!

# #2

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## How to do it...

Try to find times in your day that you can spend alongside your baby, talking to them about the things they can see and touch, introducing words like 'baby' and using their name. Babies enjoy discovering their own toes, and finding out about their fingers and toys by putting them in their mouth, finding out what they taste and feel like.



### What you will need

A warm space where they can explore safely, a small number of objects or toys that are clean and not small enough to swallow or choke on. A mirror can be fascinating for them to explore alongside you.



### Extra Information

Check toys and playthings regularly, make sure they have no broken, sharp bits and that you're providing things for them to explore with their mouth.



### Another activity to try...

Once baby can sit upright, they may be ready to discover more independently how the things in their world feel. Try #3 **Treasure Time**.





# 50

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# five

Treasure Time

#  
**3**

Babies love to explore with their hands and mouth, so a treasure basket with things that are interesting and 'safe' to touch and dribble over would be perfect. Toddlers and older children love things that look exciting, feel and smell interesting.

# #3

Treasure Time  
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## How to do it...

Make up a treasure basket filled with objects made of wood, metal, fabric so that your baby can discover their taste, smell, texture and feel. Your baby was born wanting to find out about the world, so give them time, space and things to find out for themselves.

Watch your baby and see how they explore things, don't worry about talking much. Continue to watch and wait until they look at you or make a noise, then respond by looking and making a noise back or saying a word, e.g. 'it's soft', 'whoosh', etc.



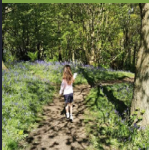
### What you will need

A low basket or box, so that they can easily see what's inside. The focus is on choosing materials that are natural and will enable them to explore using all their senses, e.g. wooden spoons and bowls, feathers, shells, leather purse, ribbon, lace, fluffy blanket, metal spoons, soft scarves, an orange or a lemon, etc.



### Extra Information

Extend the activity for toddlers. Include things that your child chooses and that you know are favourite things to explore. Perhaps make up a themed treasure basket, e.g. with musical instruments and things that make sounds, a soft, squidgy basket, a light-up basket, a scented basket.



### Another activity to try...

How about exploring natural materials 'in the wild'?  
Try #34 Woodland Wandering next.



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Make Your Mark

#  
4

Children love to be able to make their mark. As babies, toddlers and pre-school children, their growing skill with paint, pens, crayons and chalk supports them to be strong writers and makers of art!

# #4

Make Your Mark

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## How to do it...

Provide your child with opportunities and materials to make marks, from pushing their fingers through yoghurt mixed with food colouring or making footprints with paint to making bold strokes on paper with a marker pen as they become more skilled. Playing with sand, mud and playdough is also time to 'leave their mark'.



### What you will need

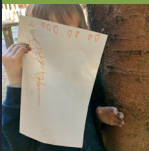
Paints, pencils, chalks, marker pens, fat paint brushes, thin paint brushes, rollers... Make sure that the very youngest children are using non-toxic materials.

Get them to make marks with chalk on paper, card, chalkboards, flagstones and concrete outside – the rain will wash it away!



### Extra Information

Opportunities to play with dough, wet sand and mud help to build children's confidence to make their mark!



### Another activity to try...

If it's a sunny day, why not get out paintbrushes and a bucket of water and let them try BIG mark-making outside? See #20 Mini Artists.



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Squidgy Sand

#  
**5**

Use sand to squidge, squadge, squish, and perhaps make a sandcastle fish, or empty, fill and pour with bottles, cups and lots more.

# #5

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## How to do it...

Play with wet sand or dry sand, use a bucket, a spade, a digger or your hand, to sieve, mould, shovel and shake, build, sculpt, shape and mark-make.

Use everyday objects to help children explore, build and discover the wonderful world of sand play!



### What you will need

At home you can create your own sand pit using a large washing-up bowl, a box or a tray.

Play sand is commercially available from most supermarkets, DIY stores and online.

Most early years settings have sand areas for children to play in.



### Extra Information

Create themed 'small-world' sand boxes, using toy cars, model animals and people to encourage imaginative play, e.g. make a fairy or animal small-world sand area.



### Another activity to try...

Sand and water go together wonderfully – try #26 Splish, Splash, Splosh next.



A photograph of two babies lying on their stomachs on a green play mat. They are both wearing patterned, floral-patterned onesies. They are looking at a large, colorful board book that is open in front of them. The book has a brick pattern on the top half and a butterfly on the bottom half. There are various toys around them, including a blue elephant, a purple and yellow caterpillar, and a white cow with a blue bow. The background is a dark carpet.

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Rhyme Time

#  
6

**Enjoy rhymes together and your child will have the best start in developing their listening and talking (and later their reading and writing).**

.....

Rhymes include traditional nursery rhymes such as 'Twinkle Twinkle Little Star', finger-rhymes such as 'Round and Round the Garden' and 'Incy Wincy Spider', and whole-body action rhymes such as 'Heads, Shoulders, Knees and Toes'.

# #6

**Rhyme Time**  
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## How to do it...

Start with rhymes you know well; if you don't know any, you can find ideas on the internet. If you are excited by the rhymes, your child will be excited too. You might think you can't sing, but you can! You don't need to know lots of different songs or rhymes; young children like the same ones again and again and again.



### What you will need

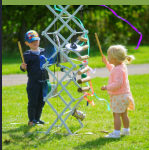
Collect some props (e.g. a teddy bear, or 5 little ducks), so your child can use them to act out the rhymes.

Go to the library together to borrow rhyme books. At home, let them be in charge of the book and use the pictures as cues to say the rhyme together.



### Extra Information

Experts in literacy and child development have discovered that if a child knows 8 nursery rhymes by heart by the time they're 4 years old, they could be among the best readers and spellers in their class by the time they are 8 years old!



### Another activity to try...

There are links between rhythm, rhyme and music, so why not try #1 Making Music next?



A young boy in a blue cap and dark jacket stands on the left, holding a wooden stick. A young girl in a pink sweater and white polka-dot shorts stands on the right, also holding a wooden stick. They are positioned around a clothesline that has been transformed into a musical instrument. Various household items are hanging from the clothesline, including a blue hat, a metal pot, a plastic bowl, and several wooden blocks. Colorful ribbons are attached to the clothesline, and the scene is set outdoors on a grassy lawn.

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Making Music

#7

**Develop your child's confidence with rhythm and movement by making music with household items.**

.....

Help them create a kitchen band, banging on pots and pans, making rattles and shakers from plastic bottles, twanging elastic wrapped round plastic bowls.

# #7

**Making Music**  
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## How to do it...

Explore the sounds you can make together with everyday items, or visit parks and playgrounds that have tubes waiting to be struck and drums waiting to be banged. Listen to different types of music on CDs, the radio or online, and play along copying different beats and rhythms.



### What you will need

Recycle your household items (elastic bands, cardboard tubes, paper) to make drums, shakers and trumpets.

If you're out and about, talk about the different tones of metal railings and wooden benches if drummed with a found stick!



### Extra Information

Making and listening to music supports the skills needed to listen, helps brain development and language development, as well as bringing joy into the day.



### Another activity to try...

Music goes hand in hand with listening, so why not try #13 Shout and Shhh next?



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Bubbles!

#  
88

The magic of bubbles can be a delight to everyone, from your baby watching them float in the air to you and them making GIANT bubbles with two sticks, string and washing-up liquid with added glycerine.

Note: vegetable glycerine is available.

# # 8

**Bubbles!**  
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## How to do it...

Bottles of bubble mix with a 'wand' can be bought very cheaply, and remember you can play at bathtime if your child has bubblebath. You can explore bubbles further as your child gets older, by finding ways to create bigger bubbles with home-made wands. Try blowing bubbles carefully onto an outside surface when it's really cold – you might be able to make a frozen bubble!



### What you will need

- 1 gallon hot water
- 1/4 cup glycerine (available in many pharmacies and craft stores)
- 1 cup washing-up liquid

Gently mix all ingredients together. This seems to work best if you allow it to sit overnight in an open container before using for the first time. Make a 'wand' by threading string through drinking straws or tying string onto two sticks and dipping your 'wand' into your home made mixture.



### Extra Information

There's lots of science involved in bubbles: why are bubbles round? Why do bubbles pop? Why are they beautiful colours?



### Another activity to try...

Being able to chase bubbles is great fun, so why not take your bubbles to where there's lots of space and try #27 Little People Park Keeper?

A child wearing a blue hoodie and a Spider-Man t-shirt is holding a piece of wood or a stick. The background is a grassy outdoor area with some twigs and leaves.

## Mini Beasts and Bug Hunting

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They're here, and there, and everywhere – but can you get a good look at them?

.....

Let's go on a minibeast hunt and find out about these fascinating creatures which live all around us.

#  
9

# #9

## Mini Beasts and Bug Hunting

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## How to do it...

Many minibeasts like to live in dark, damp places, so go on a hunt, looking under rocks, inside logs and cracks in tree bark. Piles of deadwood often found in woodlands are popular places to find a range of minibeasts, as are walls – or try peering through long grass!



### What you will need

Place some white material (an old pillowcase or something similar) on the ground under a branch and then give it a shake – you will be surprised how many creatures fall out.

Use a magnifying glass or a bug box so you can see the creatures more clearly.



### Extra Information

Remember that these tiny creatures are likely to be afraid and need to be handled carefully to avoid harming them. Always put them back in the same place as you found them.



### Another activity to try...

If you enjoyed spending time outdoors hunting for minibeasts, you might like to try #34Woodland Wandering.





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Sharing Books

**Start young, from just a few months old, and share books often with babies, toddlers and young children.**

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Scottish Book Trust - every child in Scotland receives 4 Bookbug bags from birth to 5 years old.

#10

# #10

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## How to do it...

Sharing books means talking about the book, not just reading the story. Encourage your child to join in. Make comments to them about the pictures – “I can see a tiny egg.” See if they can find different things on the picture – “Where’s the strawberry?” – or you could ask some simple questions (“What can you see...?”) or make simple comments (“Ah, look!”).



### What you will need

**Books!** Join your local library so that you can introduce new books and stories regularly.

Try making books. Children love a story that is special to them, a family tale, or a story you made up for them, about them or with them. You might make a book for an event – a new baby, holiday, trip to the fire station – or a book of leaves, twigs and treasures found on a walk.



### Extra Information

Talk about the pictures and leave lots of time for your child to join in. Choose stories you like too – you might be reading them a lot! Have fun!



### Another activity to try...

You might read a funny book, or a book with jokes in. Why not try #21 **Gigglebox** next?



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## Making Connections



Children love to connect things using tape, glue, clips or staples, as well as playing with jigsaws, bricks, train tracks and other toys that connect together.

#11

# #11

## Making Connections

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## How to do it...

As your child is learning about their world, they will probably be interested in joining things up. Give them chances to try joining and pulling apart as well as putting things together that are less easy to separate. Chat to them about staples fastening right away, but glue taking a while to stick. Explore how magnets connect or push away from each other.



### What you will need

- Paper
- Card
- Glue
- Sticky tape
- Wool/string
- Large magnets
- Jigsaws
- Duplo
- Older children might also enjoy split pins/butterfly clips and paper clips.



### Extra Information

Talk to your child about connections of trains, caravans and cars and connected links in chains.



### Another activity to try...

Your child might want to try putting things together on a bigger scale, so why not suggest #33 Home from Home next?



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**Brrrr – Explore the Cold**

**Snow, ice and cold weather are experiences that children can find really exciting.**

.....

They need to discover our world using all their senses to properly understand it, and snow is a great opportunity for play! As long as you wrap up warm and keep moving, they'll have a wonderful time.

#**12**

# #12

**Brrrr – Explore the Cold**  
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## How to do it...

**Snow** – You can start off your baby's learning by bringing a bowl of snow in from outside for your sitting upright baby to touch, squeeze and pat. Just make sure the room around them is warm. Toddlers will want to walk on snow, feel it and will be delighted to be pulled on a sledge. Pre-school children can be supported to make snowmen and snowballs.

**Ice** – Your baby might be interested in exploring an ice cube. Point out icicles to your toddler, and leave a shallow bowl of water with leaves floating on the top outside when the forecast is freezing to make a sheet of frozen ice. Talk about everyone's 'dragon breath' on a cold day.



### What you will need

Warm clothing, and a warm drink when you come back inside!



### Extra Information

Make marks in the snow, footprints, glove prints and ice angels!



### Another activity to try...

Ever made an igloo? Try #33 Home From Home.



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Shout and Shhh

#13

**Your little one will delight in trying out the noises they can make themselves, exploring how the places they are in can change that sound.**

.....

A loud sound in the garden sounds different in the pedestrian subway in town, whilst a whisper close to their ear might 'feel' as well as 'sound'.

# #13

Shout and Shhh  
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## How to do it...

Talk to them about what they can hear when you're walking under a bridge, in a woodland, or visiting some of Fife's old buildings. Introduce words like 'loud', 'silent', 'quiet' and 'roaring'. Explore how a rolled-up newspaper or piece of wallpaper changes the sounds they make. How about learning how to whistle? Children can learn that skill from as young as two years old.



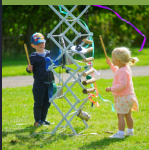
### What you will need

Make a note, take a photo or a short video of where you explore noise when out and about. Use them as a reminder for your child when you talk about it later.



### Extra Information

Listening skills are an important part of communication; great speakers use the tone, pitch and rhythm of their voice to get their message across.



### Another activity to try...

Continue to explore noise and sounds by trying #7 Making Music.

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five



See The Stars

#14

**Being outside at night isn't always easy, as warm summer nights come very late for little ones.**

.....

Wrap up warm and check out the night sky when the sun sets in winter, around 4pm in December. Play with torches and shadows; find the moon and stars on a clear night.

# #14

See The Stars  
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## How to do it...

The moon changes from a full moon to a crescent moon and back to a full moon in a bit less than thirty days. You could take photos or draw the shape of the moon each night with your pre-school child and talk about the changes.



### What you will need

A night sky. In the summer they will enjoy light and dark and shadows using a torch and a blanket, or in a room with curtains drawn.



### Extra Information

Link the song 'Twinkle, Twinkle Little Star' to your activity. It's a favourite of young children!



### Another activity to try...

Where do the ducks and squirrels in the park go at night? Try #27 Park Keeper.





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Dressing Up

#15

Capture children's imagination with everyday 'dress up' play.

.....

Use clothes and objects you have at home to pretend to be someone or something else and inspire them to make up their own pretend play.

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## How to do it...

Though dress-up outfits are widely available, children love to dress up in 'hand-me-downs' in all sorts of sizes, or in hats, scarves and clothes bought in charity shops. Have pieces of material that can become skirts, cloaks and super-hero capes, or sticks wrapped in tinsel that become magic wands!



### What you will need

Before you recycle or discard clothes, scarves, bags and dresses, think about whether you can create a dressing-up box for your child.



### Extra Information

You can dress up inside and outside. Outdoor play can spark different ideas for dressing up and role play, e.g. pretending to be a builder or construction worker wearing a high vis vest and a hard hat, or perhaps pretending to be a teacher with paper and pens.



### Another activity to try...

Why not try #25 Creative Junk to extend the role play?



Whee, Bang, Whizz

#16

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before you're

five

**Fireworks are colourful, noisy and exciting.**

.....

Spot fireworks on Bonfire Night in November, when fireworks are used to celebrate a wedding or the new year. You might be able to see them from a window at home, or listen for them before or instead of seeing them.

# #16

Whee, Bang, Whizz  
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## How to do it...

Fireworks should always be used with care! Always follow instructions. Community displays, weddings and neighbourhood celebrations mean you don't always have to buy fireworks to enjoy them. Start using language like 'wow' and 'bang' with your baby and build up to more words like 'whizz', 'burst', 'zoom' and 'glittering' as they get older.



### What you will need

A place where you can see the night sky!



### Extra Information

If loud, sudden noises upset your little ones, some community displays start with quiet fireworks.



### Another activity to try...

Have a walk the morning after fireworks have been seen. Can you find any that have fallen from the sky? This might be the start of #22 My Secret Treasures.



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## Hocus Pocus Potions

#**17**

**Fancy making some super-power  
potion, some magic medicine or a  
spell or two?**

.....

Take a look at some science mixed in with  
lots of fun, but be careful... it could get  
messy!

# #17

**Hocus Pocus Potions**  
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## How to do it...

Babies can explore, feel, mix with their hands, tip, bash and splash with ingredients that are safe to touch and get in their mouths. Toddlers and older children can pour and mix, exploring colours, textures, smells and the consequences of their experiments with increasing involvement and decreasing adult input, as they become more able.



### What you will need

#### Bubbling wizard's brew:

Fill half a glass jar with clear vinegar and add several drops of food colouring and a good squeeze of washing-up liquid. Stir with a metal spoon. Stand the jar in the sink or on a tray, and then add a heaped teaspoon of bicarbonate of soda. You will see lots of fizzy bubbles come spilling from the jar.



### Extra Information

You will need to protect your floor when making potions as spillages are inevitable, or perhaps you might do this activity outdoors.



### Another activity to try...

Try baking for #30 Yummy Picnic.



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Dance!

#18

**Dancing is fun as well as being a great way to encourage your child to be active and healthy.**

.....

Your baby and toddler will enjoy moving their body to the rhythm and beat of different types of music, and they will delight in copying your fabulous dance moves!



# #18

**Dance!**

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## How to do it...

Start by dancing with your baby in your arms, and continue to share different songs and music as they start to move independently. Show them how you sway along with a gentle track, and use your arms and legs to a more exciting, upbeat piece. You might try to match your movements to the words of a song, like putting your left leg in to the 'Hokey Cokey'.



### What you will need

Music and space to dance!



### Extra Information


Dance classes and lessons are great, but you don't have to attend a class to enjoy dancing. Watch others dancing on television and join in!



### Another activity to try...

How about trying to skip, jump and hop?  
Try #31 Boing!





Growing Little People, Plants and Things

#19

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**You're never too young to start a healthy habit!**

.....

Sow the seeds, prepare the ground and develop healthy food choices by teaching children where food comes from, and get them excited by growing fruit and vegetables they will love to eat. Plant and grow a sunflower seed. Check your own height on a wall, a doorframe or a poster. Watch stick insects, tadpoles and butterflies grow and change.

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## How to do it...

1. Draw a face on an empty eggshell and fill it with cotton wool.
2. Sprinkle cress seeds on the cotton wool and water.
3. Water daily and when the hair (cress) has grown, cut with scissors.
4. Mix cress with hardboiled eggs and make egg and cress sandwiches.

Let potatoes start to sprout in an egg box, then put them in a large container with soil. Add more soil as the leaves grow and water daily.



### What you will need

- Seeds/strawberry plants/potatoes
- Soil or compost
- Plant pots, or a patch in the garden



### Extra Information

Mark your child's height on a wall, poster or door every month and talk about how tall they're growing.



### Another activity to try...

Can you find out the Makaton sign for 'grow'?  
Try #39 Talking Signs.



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Mini Artists

#20

**Making marks outside allows children to try BIG strokes and brush marks.**

.....

Using water on a warm day means that they can use a paint brush and bucket, a spray bottle filled with water or sponges and a bowl of water to make long lines, or cover large areas.

# #20

Mini Artists  
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## How to do it...

Make marks outside with water, chalks on flagstones and fences, or paints on the back of old rolls of wallpaper. Chalk will wash away in the next rainfall, and the water marks might disappear before children have even finished their marks on a very hot day, as the water evaporates in the heat!



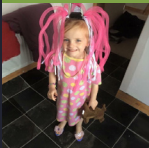
### What you will need

Water, chalks, paints, crayons and paper. Buckets, bowls, spray bottles, watering cans, stencils, brushes, rollers, sponges and blackboards.



### Extra Information

If you're outside on a sunny day, don't forget the sunhat and sun cream!



### Another activity to try...

Is your child interested in pretending to be a decorator? Try #15 Dressing Up.



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Gigglebox

#  
**21**

From laughing as a baby at the simplest noises you make, to giggling at a nonsense rhyme and tickles, or roaring with laughter while splashing water in the bath, your child and you can be the funniest pair in the world!

# #21

Gigglebox  
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## How to do it...

Babies love slapstick and silly noises. The unexpected 'peepo' or dramatic tearing pages of a newspaper help them see the humour in their world. As your child understands more, nonsense rhymes and silly stories begin to appeal to them.



### What you will need

Pull funny faces. Be prepared to look silly. Remember that children hear 'jokes' and know others laugh before they understand the joke. Support your child by laughing at their unfunny early attempts at puns and word play.



### Extra Information

Q. What do you call a cow on a trampoline?  
A. A milk shake!



### Another activity to try...

Street performers often use humour to entertain their audience. Try #23 See It Live!





50

things to do

before you're

five

My Secret Treasures

#  
22

Toddlers and older children can make a collection of anything that excites them and will love storing them in a special box or basket that belongs just to them.

# #22

**My Secret Treasures**  
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## How to do it...

A scrap book may be a good place to keep some collections together, e.g dried leaves and twigs collected in the wood, bus and train tickets from a journey or an album of family photos to share and remember special times. For collections that aren't easily stuck into a book, find a special container.



### What you will need

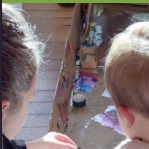
Scrapbook and glue  
A special box, tin, basket or bag  
Conkers, stones, toy cars, buttons, ribbons...  
Just follow your child's interest.

Time to talk to them about their interesting collection: introduce new words such as colours and size – not just 'big', but 'larger' or 'massive'.



### Extra Information

When children are really interested in something, they are ready to learn new words in a meaningful way, are more likely to remember them and will have a chance to practice using the words as they continue to play with their collections.



### Another activity to try...

Collect up your recyclable household waste and create models and art. Try #25 **Creative Junk**.





# 50

things to do

before you're

# five

See It Live!

#23

## Children and grown-ups enjoy seeing a show.

Whether it's a free street performer who juggles, sings or walks on stilts, a puppet show or story teller at nursery, your child singing, dancing for you or a visit to the theatre, it's an exciting part of life.

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## How to do it...

Check local newspapers and council web sites for news of festivals and events in the area. Find out if there's a performer coming to nursery this term so you can talk to your child about it. Encourage them to dance, sing, or say a rhyme, and be their audience with cheers and applause!



### What you will need

Plan your visit to an event so you're not hanging around long enough for them to get fed up before it starts.

Keep your eyes peeled for performers on the street when you're out and about in town. Check out your local library for a storytelling session.




### Extra Information

Make sure to check OnFife for low-cost or free family events for families.



### Another activity to try...

Does your home performance need a space rocket prop? Try #25 Creative Junk.



## Hop, Skip and Jump!

#**24**

**50**

things to do

before you're

**five**

Your child is incredible and all children love to be active, so make sure your child has lots of opportunities to practise their physical skills. Encourage them to do what they can, from crawling to walking and beyond.

# #24

## Hop, Skip and Jump!

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## How to do it...

Watch as your baby starts to move independently, and give them the space and the support that they needs. Your baby needs space to crawl and sturdy support to pull themselves up when they're ready to try it. Your older child will want places and opportunities to run, jump, hop, skip and twirl – often that's easier for them and you both to do outside in large, open spaces.



### What you will need

Parks, playing fields, soft play gyms, and woodland are all great for practising movement. You might take bats, balls and kites with you. Use chalk to create hopscotch games outside on flagstones and concrete. Create an obstacle course. Have a go at those stepping-stones. Allow children to climb or jump off low boundaries as they feel more confident. Always remember sun block and hats in the sun, and warm clothes on cooler days.



### Extra Information

Every child is an individual. For example, children might learn to hop at any time between ages 2 and 4, but if you're concerned, speak to your health visitor.



### Another activity to try...

Use your visits to the park to enjoy and tick off #27 Little People Park Keeper.



50

things to do

before you're  
**five**

**Creative Junk**

#**25**

**Your child's imagination can be fired by using large and smaller boxes to create a car, a fire engine, a house or a ship!**

.....

A box large enough for them to climb into might need nothing more than imagination to be anything in the world!

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## How to do it...

Use boxes that have been used for large household items like fridges or washing machines, and don't forget to ask friends and neighbours to be on the look-out for a great box! Encourage your child to look at the detail of lorries and rockets and draw or paint them, or use smaller boxes and containers to stick onto the bigger box.



### What you will need

- Large, medium and small boxes, tubs, tubes and plastic bottles.
- Pens, paints, glue, sticky tape.
- Picture books about transport and buildings.



### Extra Information

Make sure staples that hold the box together are child-safe – perhaps cover them with tape to avoid scratches.



### Another activity to try...

Why not create a story around whatever the box is, and 'perform' it for and with other members of the family? Try #23 See It Live!



50

things to do

before you're

five

Splish, Splash, Splosh

#26

**Children love to play with water, inside and outside, splashing, pouring and paddling!**

.....

You don't need water trays or expensive equipment to enjoy water play – exploring water in the bath or using a washing-up bowl with yoghurt pots is brilliant.

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## How to do it...

Make sure that water play isn't stressful by choosing where you and your child explore water. Inside can be fine as long as you protect your floor with plastic covered with towels and bathmats, and outside in any weather is wonderful with the right clothing.



### What you will need

Water in containers (baby baths, bowls, buckets, water trays, underbed storage boxes are all good resources) and/or flowing water from hoses, garden sprinklers and taps.

Plastic and metal cups, funnels, spoons, old yogurt pots and plastic containers from household recycling. Food colouring. Bubble mixes or washing-up liquid. Ice cubes. Shells. Plastic animals. Whisks. Corks. Brushes.



### Extra Information

An adult should always carefully supervise children's water play. Small children can drown in very shallow water.



### Another activity to try...

Water can be found along the coast of Fife, why not stop at the beach while you are on a walk along Fife's Coastal Path. #44 Walking Wonders.



50

things to do

before you're

five

Little People, Park Keeper

Adventures in the park.

.....

Happy hearts and happy faces.  
Happy play in grassy places.

Time to get the children out for some real life fun  
and to enjoy the open spaces of your local park.

#27

# #27

Little People,  
Park Keeper

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## How to do it...

Get to know your local park, dress for the different weathers and become regular visitors.

Get physical – see how high! Swing on a swing, climb the slide, scramble up rope nets, hold on to the see-saw.

Babies and toddlers can roll and crawl, and pre-schoolers can run and play ball.

If the park has a lake or a pond, take some scraps of food or frozen peas to feed the ducks.



### What you will need

The right clothes for the weather!



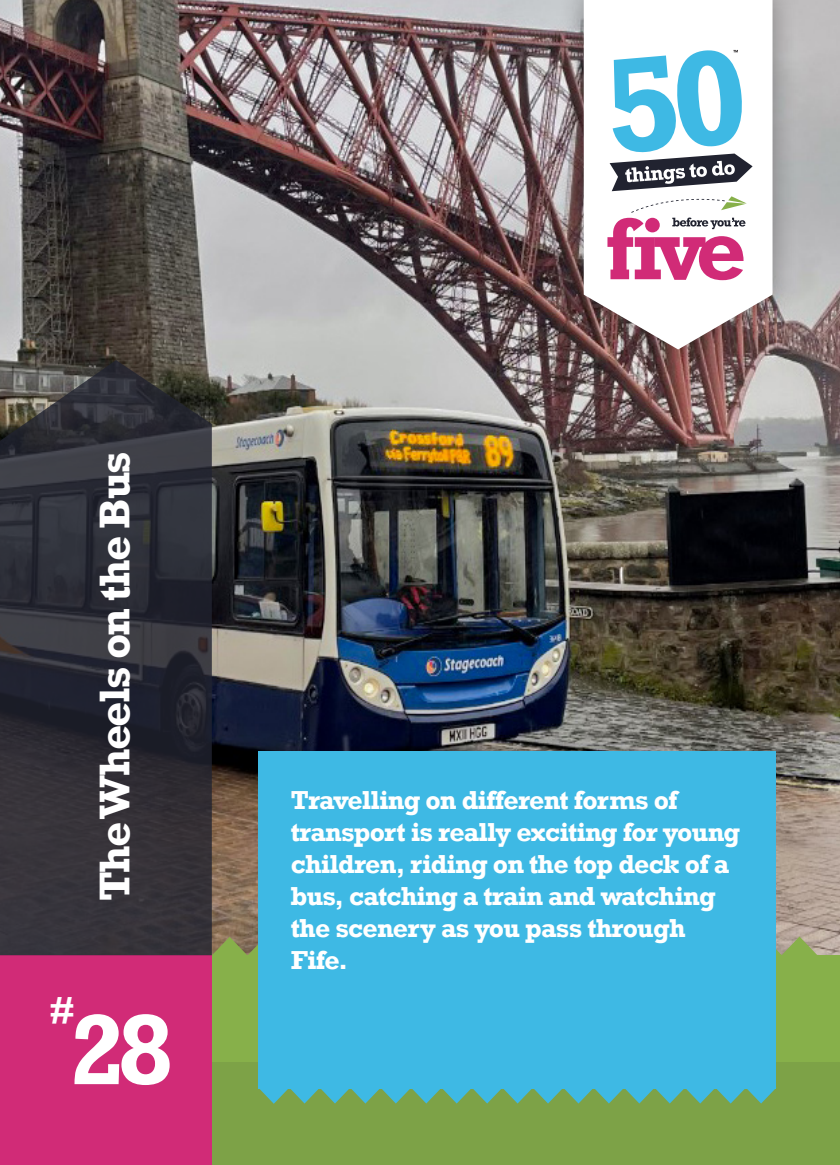
### Extra Information

At the park talk about what you can see, hear and feel. Talk to your child about what they're doing, such as running, swinging and sliding. Introduce words like "where, who, how, what." This helps children understand words needed for asking questions.



### Another activity to try...

Some of Fife's parks have historical landmarks in them such as Pittencrieff and Ravensraig Park. Why not combine #Happy History and take a visit to a local museum.



# The Wheels on the Bus

#**28**

# 50

things to do

before you're

# five

Travelling on different forms of transport is really exciting for young children, riding on the top deck of a bus, catching a train and watching the scenery as you pass through Fife.

# #28

**The Wheels on the Bus**  
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## How to do it...

Many children, especially those who travel in cars, will enjoy the experience of a bus or train ride. Don't forget that children under age 5 can travel completely free on all bus and ScotRail services.

Don't forget that children and young people in Scotland aged 5 - 21 are entitled to free bus travel.



## What you will need

Take a drink and a packed lunch, a small bag for collecting souvenirs, a pad and a pencil for drawing something special on the journey.

Why not travel to one of Fife's parks, libraries or museums on your journey?



## Extra Information

Check the weather forecast and make sure you're dressed for the day!

## Another activity to try...

#40 **Happy History** can easily be combined with this activity!



50

things to do

before you're

five

Pitter Patter

#29

**How much fun can we have in the rain?**

.....

Splash or make ripples in a chocolate brown puddle, giggle as you puddle-dance, watch raindrops racing down the side of your den... Dare you put your toes in the mud?

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## How to do it...

Most children love to jump and play in puddles, and there is such a lot of learning and fun to be had! Consider your waterproof clothing, under-layers and wellies, or if it's a warm day you might decide to forget the waterproofs and embrace the experience of getting wet!

Play barefoot – after a warm sunny day, children could explore without shoes. They will feel wet grasses tickle their feet, squidgy mud ooze between their toes, or dip toes in and do some barefoot paddling.



### What you will need

Wellies! Rain! Listen to the rain on an umbrella or in a tent. Waterproof clothing comes in a range of options – some are only showerproof, whereas waterproof will protect your child for much longer. They also come unlined or fleece-lined.



### Extra Information

Make a rain catcher. Carefully cut off the top of a clear plastic bottle, just below where the bottle starts to taper. Then put this top upside down into the remainder of the bottle to create a funnel. Place the rain catcher outdoors in a non-sheltered position and wait for the rain! Measure how much rain has fallen and compare rainfall over different days/weeks.



### Another activity to try...

You might draw pictures or write about the rain when there has been a downpour, then why not put it in an envelope and post it to someone?  
**#38 Posty!**





50

things to do

before you're

five

Yummy Picnic

#30

**Why not spend this afternoon having a picnic in the park?**

.....

You could even take your teddy along or invite some friends. Head to your local market or shop and you'll find everything you need for a yummy picnic!



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## How to do it...

Picnics are great for any age, in almost any weather. Why not write a menu together and decide what you need to buy? Let your child help to make the food. Start simply with washing grapes, then as they becomes more able they might help to weigh ingredients, stir cake mix or decorate buns. They will soon want to butter bread, make sandwiches and chop celery.



### What you will need

- Menu and shopping list.
- Food, drinks, paper napkins and perhaps forks and/or spoons.
- A rug to sit on together with your guests.



### Extra Information

Let your child help with a shopping list, perhaps suggesting things to buy, eventually helping with writing. Make the most of the knowledge of shopkeepers and market stall holders, to explain new fruits and vegetables to your child. Having a picnic is a great opportunity to spend some time with them: it's simple, can cost as much or as little as you'd like, and you can even do it on a rainy day in your front room!



### Another activity to try...

If you're going to picnic outside, you could try **#8 Bubbles** for a playtime activity after the picnic has finished.



50

things to do

before you're  
**five**

**Boing!**

#**31**

**Children need to be physically active if they're going to be healthy.**

.....

Jumping, bouncing and hopping skills take some learning and lots of practice. You can try exploring springs and coils with this one too... Remember slinkies on stairs?

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## How to do it...

Encourage your child to try out different ways to move their body, and try all the different ways alongside them. Jumping, hopping, bouncing, skipping and leaping aren't just fun, they're great, expressive words to learn.



### What you will need

Lots of energy.

Space. Don't run the risk of getting upset with boisterous play inside – get out in the garden or park. Think about trying a bouncy castle, space-hoppers or a trampoline... or are you happy for your child to bounce on beds?

Support your child to grow in confidence to jump off things.



### Extra Information

Why not share stories with your child that link to this play activity – 'Giraffes Can't Dance' might become a favourite.



### Another activity to try...

To encourage more fun and activity, you could try #18 Dance!



50

things to do

before you're

five

Where Have I Gone?

#32

Babies love to play peek-a-boo from being very young, and older children love to explore the excitement of hiding.

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## How to do it...

Very young children don't understand that you can see them if they can't see you, so play along when you can see their toes peeping out under the curtain, or if they have faced the corner with their eyes tightly shut.



### What you will need

Babies can sometimes get anxious if their important grown-up isn't in sight, so approach a game of peepo gently.

You can explore the idea of 'here' and 'gone' with toddlers, whilst pre-school children will love the anticipation of being discovered! Don't underestimate the joy of hiding behind curtains, scarves and bedding.



### Extra Information

Talk to your child about the importance of staying close by when out and about, and that you only play hiding when you both agree to the game.



### Another activity to try...

How about building a den with something as simple as a sheet and chairs? Try #33 Home from Home.



50

things to do

before you're

five

Home From Home

#33

**Making dens is a favourite childhood pastime.**

Children love to create a special cosy place where they can feel safe and secure, a secret place where they can watch for bears and birds, or a base camp for their next adventure.

# #33

Home From Home  
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## How to do it...

Dens can be made inside the house or outside in the garden. Children are very creative if given the tools they need. Something as simple as a bath towel or sheet over the sofa and pegged onto a radiator can create a cosy hideaway.



### What you will need

Stools, wooden chairs, clothes driers, a variety of large pieces of fabric or tablecloths. Pegs.



### Extra Information

Your child might need a little help from you or an older sibling, but once the den is made they will spend many a happy hour in it reading, drawing, eating, dreaming, thinking, listening to the birds and even sleeping.



### Another activity to try...

Go camping. Tents are relatively inexpensive and there are lots of campsites to visit, or put the tent up in your back garden. Being outdoors and camping is an experience your child will never forget. Even if it rains, you can listen to the sounds of the water falling on canvas – #29 **Pitter Patter**.





50

things to do

before you're

five

## Woodland Wandering

#34

**Visit your local wood. Collect acorns, conkers, sticks, spot mushrooms and toadstools.**

.....

Stand still. Listen. Look. What can you see? What can you hear? What's that over there? Did something move? Explore and discover exciting nature, wildlife and adventure in lovely, local woodland areas.

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## How to do it...

Woodland is full of interesting things, noises and play opportunities. Remember to take care of our woods: no fires, don't break branches off the trees and only collect items found on the floor of the wood. Remember that many mushrooms and toadstools are poisonous, so make sure your child knows not to touch them!



### What you will need

A plan of how to get to the woods –  
e.g. walk/car/bus/train.

A collecting bag or box – though big pockets  
are often good enough!

Old clothes, wellies or trainers that will stand  
getting muddy, wet and dirty during discovery  
adventures!



### Extra Information

Use the things you collect in the woods to  
make a collage picture. Take photos of your  
walk and what you saw – use these to recall  
and talk about what you did, where you  
went, what you saw and what you found.



### Another activity to try...

Lots of the local woodlands have bridges in and  
around, so why not try #35 **Trip Trap, Trip Trap**,  
Who's That Walking Over My Bridge?



**Trip Trap, Trip Trap**

**#35**

**50**

things to do

before you're

**five**

**Remember the story  
Of Billy Goats Gruff?**

.....

The troll under the bridge, and all that stuff. If you liked that old story, there's fun to be had playing pooh-sticks and paddling... Who said learning was bad?

# #35

Trip Trap, Trip Trap  
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## How to do it...

Children enjoy crossing over the top of water, how it feels to be up high over the water whilst it moves below them, what is going on below and what might live there (perhaps a troll, or a shiny slippery fish). You can walk across and sometimes under bridges, talk about the water that flows under the bridge, drop a leaf or a stick from one side and wait for it to flow out at the other side.



### What you will need

You may like to take a rug for sitting on or for your baby to lie on.

Pre-school children might like a clipboard and pen for 'recording' their findings.

For paddling/fishing you will need footwear and perhaps a fishing net and bucket. Easy guides for identifying what you find are useful, and perhaps your child may enjoy recording their findings with a camera too?



### Extra Information

How about visiting the 3 HUGE iconic bridges in Fife that spans the Firth of Forth? Why not take a walk across the Forth Road Bridge, or visit the world heritage site of the Forth Bridge in North Queensferry where you can also take a trip on the train. Alternatively you can travel by car across the Queensferry Crossing.



### Another activity to try...

How about #41 **Water Feature** to talk about the differences between a stream, river or a reservoir?

50

things to do

before you're

five

Ready, Steady, Blow!

Children love to blow candles out.

.....

You don't have to wait until a birthday to let your child experience the magic of candlelight.

#  
36

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## How to do it...

Wait until it's getting dark and find some candles to light. Let your child choose their favourite scented candle to light. Look at the shadows and patterns candles make on the walls. Count to three and let your child blow the candles out before lighting them again.



### What you will need

A variety of candles, including scented ones.  
Candle holders and matches.

Cold winter evenings.



### Extra Information

There are obvious health and safety issues attached to candles. Most house fires are caused by them, so never leave a candle unattended. Teach your child how to keep safe, say the rhyme "Matches, matches do not touch, they can hurt you very much".



### Another activity to try...

Diwali is the Hindu festival of light and is celebrated in November. Make a Diya lamp from clay, borrow the story of Rama and Sita from your local library and read the story by candlelight as part of #10 Sharing Books.





# 50

things to do

before you're

# five

Show and Tell

#37

Suggest that your child takes a special grown-up to nursery, playgroup or childminder, let them see how they spend their day and show them all the different activities they spend their time doing. Make sure your child doesn't forget to take them outside into the setting's garden.



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## How to do it...

Most nurseries and playgroups welcome visitors and some organise special open days. Childminders will be happy for the children to show a special grown-up how they spend their day, but make sure you arrange a suitable time as they often take the children out and about.



### What you will need

Don't wear your best clothes and don't forget to take a coat. Be prepared for other children to want to spend time with you. Small children like to spend time with adults who are joining in with their daily activities.



### Extra Information

Check with the staff first to make sure it's ok for you to visit. Most nurseries and playgroups welcome an extra pair of hands. Why not volunteer to spend half a day a week helping out on a regular basis?



### Another activity to try...

You and your child could make a book all about your child's experience of sharing their nursery or playgroup with a special grown-up. Have a go at the book-making ideas in #10 **Sharing Books**.



50

things to do

before you're

five

Posty

#  
38

### Pretend to be a posty!

.....

You can write, draw, paint, print or stick to create a masterpiece picture, letter or postcard. Send it to someone special (or yourself!). Put it in an envelope and post it in the post box.

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## How to do it...

Everyone loves to post letters in the big red post box. It's so exciting when children get letters addressed to them through the post too! Whether you're pretending in play or visiting the local post box, writing, sealing, sending and receiving post has never been more fun!



### What you will need

Paper or a postcard, pens, crayons, chalk or paint. An envelope and a stamp – remember that different sized envelopes need different stamps, large envelopes need a more expensive stamp. Visit the post office to check the cost of postage, and ask for a special picture stamp!



### Extra Information

Make a post box out of a shoe box and create a post office 'area'. Have a box with envelopes, cards, paper, pens, etc. Use folders or slots to 'sort' letters.



### Another activity to try...

How about trying #15 **Dressing Up** and being a postman?



50

things to do

before you're

five

Talking Signs

#39

**‘Communicating’ includes gesture and signing, Makaton signing helps to support early language development and can help babies and other children who don’t yet speak to communicate, reducing frustration.**

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## How to do it...

Show your baby or young child some simple signs like 'Hello', 'Drink' and 'Thank you' – you might be surprised how quickly they pick it up. They'll be able to tell you and others what they want, and to engage with other children who might also sign!



### What you will need

There are lots of websites that show Makaton signs, and Mr Tumble on CBeebies shows us how to sign!



### Extra Information

Take careful notice of your baby or toddler's body language, though it's important not to immediately respond to pointing, also giving them the words to ask for what they want.



### Another activity to try...

Extend this activity by having a go at #13 Shout and Shhh next, and finding the sign for words like 'noisy'!



50

things to do

before you're  
**five**

Happy History

#**40**

Fife has lots of great museums, such as the award winning Dunfermline Carnegie Libraries & Galleries, situated in the city of Dunfermline's Heritage Quarter. Best of all, admission to these museums for children and young people, is absolutely free!

# #40

Happy History  
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## How to do it...

Take a bus, a train or get in your car and drive to one of Fife's wonderful museums. Take a picnic lunch and stay for the day.



### What you will need

A picnic lunch. A warm coat or a raincoat. Friends or family – the more of you the better. Take along a pencil and notebook in case you are inspired to do some drawing while you are there.



### Extra Information

Fife's museums have a wide variety of different exhibits and attractions for children and family, from travel at the Scottish Vintage Bus Museum and Lathlamond Railway Museum, or the Scottish Fisheries Museum. Or learn about the history of the city of Dunfermline at the Andrew Carnegie Birthplace Museum. You can see what is available to see and explore on their websites.

Why not visit OnFife's Museums and Galleries in Dunfermline and Kirkcaldy.

You can see what is available to see and explore on their website: [www.OnFife.com](http://www.OnFife.com)



### Another activity to try...

If you travel to a museum by public transport, you can include #28 **The Wheels on the Bus**.





50

things to do

before you're

five

Water Feature

#41

There are lots of ways to access water in Fife, from nature reserves or the coast, to ponds and lakes in local parks.

.....  
There are rivers, streams and even reservoirs throughout Fife's parks and nature reserves.

# #41

**Water Feature**  
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## How to do it...

Find your nearest area of water and head out for a day of seeing what you can find to do.



### What you will need

Any stream, river, pond, lake or reservoir. Take along some peas or sweetcorn in case you see any ducks, geese or swans to feed (the Canal Trust tells us that bread is harmful to these birds).



### Extra Information

The River Leven and the River Eden both run through Fife. There's lots of ways to get onto both. Why not visit Riverside Park in Glenrothes and walk along the bank of the River Leven.

Some parks in Fife have a loch, pond or burns. Beveridge Park and Craigtoun Park have a large boating pond.



### Another activity to try...

Visit Beveridge or Craigtoun Park and hire a pedal boat or, in the summer, take a trip to any of the beaches along the Fife Coast. **#28 Wheels on the Bus.**



Early Years in Fife





**50**

things to do

before you're

**five**

## The Rough and The Smooth

#**42**

As well as being huge fun, playing with dough and clay helps your child to strengthen muscle tone, develop fine motor skills and pre-writing skills. Doughs can be easily made at home with everyday ingredients.

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## How to do it...

Make Gloop. This is a 'non-Newtonian liquid', which is an unusual material that is neither a solid nor a liquid, but behaves like both. Mix 2 parts cornflour with 1 part water. You might need to use your hands to mix it. Can you snap, squeeze and push the Gloop? Can you make a print in it? Talk to your child about how it feels. How does it change?

Check online for dough and similar recipes, or at your local toddler group.



### What you will need

- Dough
- Cutters
- Rolling pin
- Moulds
- Textured items to 'stamp' into the dough
- Cake cases for pretend baking



### Extra Information

There's an easy dough recipe in the Play Scotland's Messy Play Booklets, and ideas for playdough activities. If you try this at home, use a space that you don't mind getting messy and is easy to clean up. Spread a plastic tablecloth on the floor to protect carpets.



### Another activity to try...

If your child enjoyed making Gloop, try #17 **Hocus Pocus Potions**. If doing this at home is difficult, visit your local toddler group or Stay & Play session. They will have some of these activities available and you won't have to clean up afterwards!



50

things to do

before you're

five

People Who Help Us

#43

**Preschool children are really interested in people and the world around them.**

.....  
They are particularly fascinated by people in uniforms.



# #43

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## How to do it...

Find a police officer or special constable, a nurse, lollipop lady/man, fire officer or another uniformed person in public service, say "Hello" and "High five".



### What you will need

A friendly uniformed public servant!



### Extra Information

This activity helps children to appreciate and get to know the people who keep our community safe and make it a good place to live and grow up in.



### Another activity to try...

If you think your child might fancy pretending to be a fire officer or a nurse, try #15 Dressing Up.





50

things to do

before you're

five

Walking Wonders

#44

Spend time exploring Fife's Coastal Path and you will discover many of the 50 Things on your Walking Wonders journey. Each corner holds an exciting new experience for children and families to discover.



# #44

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## How to do it...

Fife Coastal Path stretches from Kincardine to Newburgh and is 116 miles long. However, this can be done in short bite-sized chunks, the route is waymarked at appropriate points, making navigation simple.

A range of walking abilities is catered for. Whether you're young or old, there's something for everyone.



### What you will need

Old clothes that will stand getting muddy, wet and dirty while your child investigates. A plan of how to get to the coastal path, by foot, car, bus or train.

Be prepared for all types of weather. Useful things to take include spare clothes, picnic and blankets, suntan lotion and sunhat.



### Extra Information

Children love water and being able to splash, run, jump and roll about in it is great for creating happy memories. Being outside and running about is also really good for overall health and well-being.



### Another activity to try...

#50 Sea and Sand, #34 Woodland Wandering, #30 Yummy Picnic, #27 Little People Park Keeper, #40 Happy History, #35 Trip Trap, Trip Trap, Who's That Walking Over My Bridge?, #9 Mini beasts and Bug Hunting, #41 Water Feature, #48 Natural Art.



# Wonderful Waiting Games

# 50

things to do

before you're

# five

Waiting for a bus or a train, at the doctor's or even for your meal at a restaurant can be boring for children.

.....

Play some simple games to pass the time and extend your child's vocabulary at the same time.

# #45

# #45

## Wonderful Waiting Games

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## How to do it...

Play "I spy with my little eye something beginning with..." with older children, or "I spy something blue/yellow/red" for younger children still uncertain of word sounds. Choose something close by that your child will be able to see to keep them interested in the game.



### What you will need

A queue! Or enough time to have a few turns each. Try playing the alphabet game. Choose a topic, for example fruit, vegetables, meals, toys, people you know, sweets. Go through the alphabet from A to Z thinking of an item from your topic that begins with each letter.



### Extra Information

Games such as "I spy" are fun ways for your child to learn the alphabet and also to learn to take turns.



### Another activity to try...

**#6 Rhyme Time** helps children become familiar with the sounds at the beginning of words.



50

things to do

before you're

five

## Fantastic Paper Folding

#  
46

**Do you remember having a friend or relative who could make things out of paper?**

.....

Did you and your brother or sister make paper planes and have a competition to see whose could fly the farthest? Did you use to make 'chatterboxes' with your friends and spend ages asking each other questions such as 'What's your favourite colour'? Re-live your childhood with your child.

# #46

Fantastic Paper Folding

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## How to do it...

There are lots of simple things you can make with your child. You might need to look up instructions to remind yourself how to make things. YouTube has easy to follow videos. Make a paper chain to decorate the house. Draw patterns or pictures or stick things on the paper first. Fold a longer piece of paper, like a newspaper page, several times and cut out the shape of a doll, making sure the hands and feet are not cut at the fold, so when you unfold the paper you have a whole chain of them holding hands!



### What you will need

A pack of coloured or white paper, squared paper might make the folding easier. Newspaper. Scissors. Paper gummed shapes. Crayons or felt tips to decorate.



### Extra Information

Origami is the Japanese art of paper folding. Have a look with your child at some of the amazing things that can be made out of paper – there are photos on our website!



### Another activity to try...

#35 **Trip Trap, Trip Trap**. Who's That Walking Over My Bridge? Take a folded paper boat with you to sail on the running water!



50

things to do

before you're

five

Great Fife Baking

#47

**Make some tasty food for all the family.**

.....

Children love to help with cooking and baking, and they can chop and mix the ingredients while you chat about what you are doing.

# #47

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## How to do it...

Cakes and chocolate crispy cakes are a favourite as a special treat, but children can also make bread, sandwiches, fruit salad, pizza, chapattis, pancakes and salads. You might need to follow a recipe for some things.



### What you will need

Your favourite recipe. All the ingredients. A place to prepare the food.



### Extra Information

The BBC Good Food website has lots of simple recipes for children.

There's lots of science in cooking and baking – talk about the ingredients you are using and what happens when you mix things together, also how they change when they are heated or cooked. Don't forget to have a taste as you are going along!



### Another activity to try...

Find a recipe together. Make a list of all the ingredients you need and go to the shops or market to buy them. Let your child help you to find everything you need and give them the money to pay for it at the till. Try #30 Yummy Picnic Time.



A young child with dark hair, wearing a blue jacket, is holding two ferns in a wooded area. The child is looking at the ferns with interest. The background shows a dense forest with many bare tree branches and some green foliage.

50

things to do

before you're

five

Natural Art

#48

**Experience the joy of nature and encourage your child's artistic tendencies by collecting leaves, acorns, pinecones and anything else that looks interesting.**

.....

Your local park or woodland is the best place to find things, but beaches and riversides are also good.

# #48

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## How to do it...

Take a bag and off you go. Collect anything lying on the ground (but remember not to pick anything that is growing, apart from dandelions, buttercups and daisies). Let your child smell and feel their collections. Talk about the colours and shapes. Encourage them to lay out their collection on the ground in whatever way they want to do it.



### What you will need

Leaves, grasses, acorns, pinecones, conkers, twigs, small stones or pieces of slate.



### Extra Information

The parks and coast of Fife provide endless opportunities to collect things you can use to create art from rock, stones and sea glass, to conkers, sticks and leaves.



### Another activity to try...

Andy Goldsworthy is an artist who makes beautiful arrangements using things he finds outside. Have a look at his work on the internet. If your child enjoys being creative, have a go at **#20 Mini Artists**.

50

things to do

before you're

five

Grass Gazing

#  
49

Grass grows all year round and young children love it.

.....

They also love aeroplanes and helicopters, and are very good at hearing them when they are flying in the sky.

# #49

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## How to do it...

When you hear an aeroplane, find some grass to lie down on. Watch the aeroplane on its journey and imagine where it might be going.



### What you will need

Grass. Make sure it's clean and litter-free. You might want to lie on a blanket instead.



### Extra Information

There's lots of grass across Fife parks and are all good places to lie on the grass and look up, such as Beveridge Park in Kirkcaldy, Pittencreiff Park, Dunfermline, Riverside Park, Glenrothes and Haugh Park in Cupar.

### Another activity to try...

While you are lying on the grass, look at the clouds in the sky. What can you see? Can you see an animal, a shape, a dragon, a giant or something else? On a nice warm day, take off your child's shoes and let them experience the feel of grass on their feet and toes. Try #14 See The Stars and compare the sky in the day and at night.





**50**

things to do

before you're  
**five**

Sea and Sand

#**50**

Experiencing the sheer joy of playing in the sand, splashing in the water, clambering over the dunes or searching for creatures in the rock pools.

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## How to do it...

The seaside is a huge adventure. Toddlers may enjoy running their fingers and toes through the sand or filling buckets with sand or seawater and pouring it out again, watching how the water disappears into the sand. Young children like building sandcastles (and knocking over the ones that other people have built!). Paddling in the sea is a must, though if the shore is pebbled you might want waterproof shoes.



### What you will need

- Action plan to get there by bus, train or car.
- Blanket or rug to sit on.
- A picnic lunch.
- Buckets, spades.



### Extra Information

Some children do not like the sand or sea, so they have to be introduced to it very gradually and in a sensitive way in order to overcome those fears.

**NOTE** – children of all ages need constant adult supervision at the seaside to keep them safe whilst playing in the sand and sea.



### Another activity to try...

Why not try #4 **Make Your Mark** by drawing in the sand on the beach?