

50 Things to Do Before You're 5 – Case Study

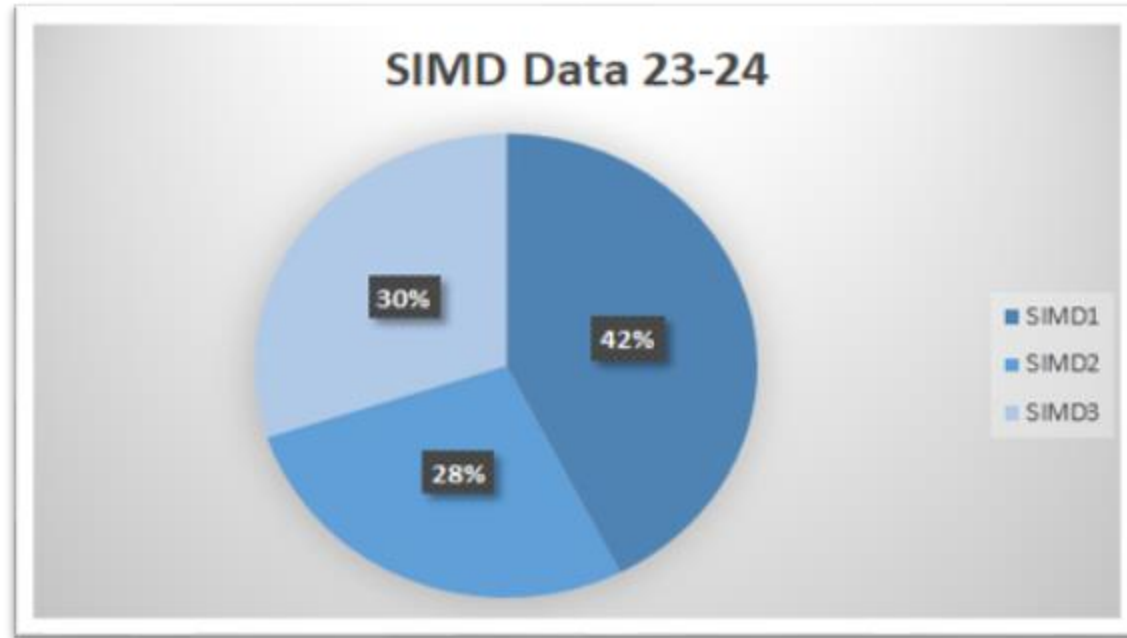
Emma Jex, SEYO, Methilhaven Nursery



Early Years in Fife



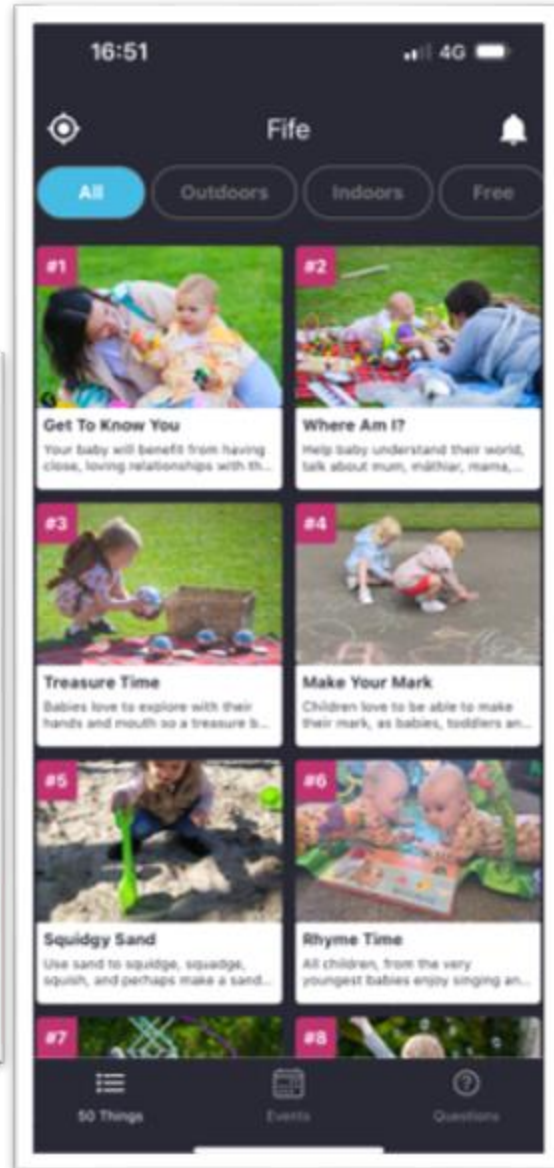
Context



- Methilhaven Nursery sits in the **most** deprived area in Fife. This is reflected in our SIMD data for our nursery, with over 40% of our families living in the first decile.
- As a team, we are always keen to find ways to support our families with a variety of free/low cost opportunities which support family learning experiences and help to build parental capacity.



October 2023



• In October 2023 as a team, we looked at the 50 Things app and webpage together. Through these conversations we felt as a setting it would incredibly be valuable for us to make use of this fantastic resource.

• Instead of this being an “add on” to what we already do, we looked at creative ways to thread this into our existing family learning opportunities and experiences. We decided to adopt a three-level method using our universal, additional and targeted approaches.



Early Years in Fife

Staged Intervention Approach

Universal: Promoting the app and website to all families via our Seesaw page, Nursery Newsletter and Family Learning display.

Additional: ‘50 Things Challenge’ shared via Seesaw, to promote home-nursery link with families trying new activities. Activities shared related to room interests, seasons, children’s choice.

Targeted: Test of change with Play Away 2 group – using the 50 Things app to help develop parental capacity.

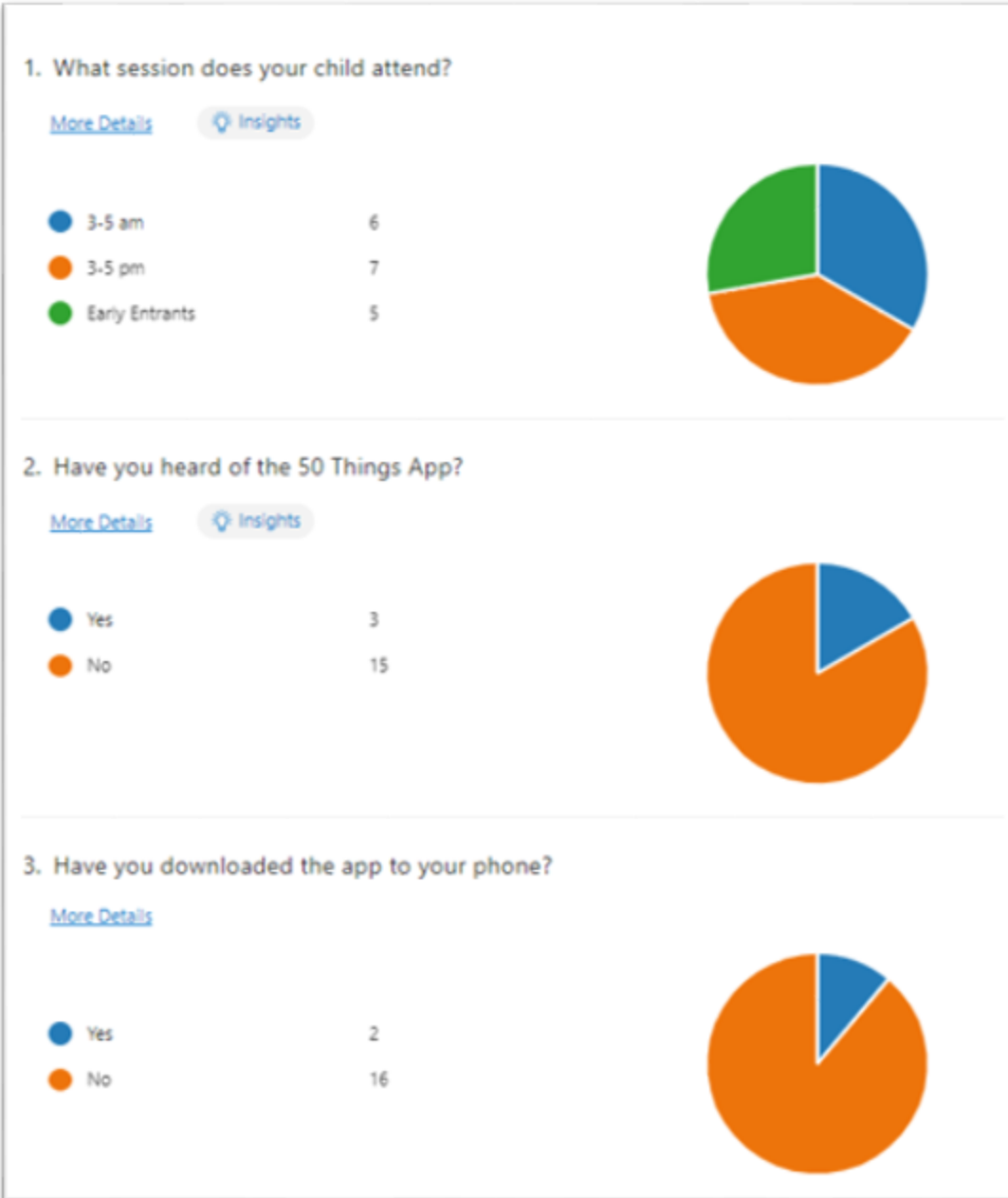


Entry Data

Before we started promoting the app with our families, we gathered starting data to gauge our starting point.



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Universal



Family Learning display

“I think it’s such a good idea. I love that you share it through Seesaw too” – parent comment

Example post shared via Seesaw



“It’s like Bingo! It makes me want to complete them all” – parent comment

Additional

★★ Watch out on your activities tab on your child's journal, as we will be sharing an activity each week relating to the "50 Things to Do" app.★★

We will share a different activity each week for you to try with your child. (5 weeks) These will be posted on a Friday.

At the end of the five weeks we will have special certificates and prizes to share with you.

Please send us your photos and videos in on Seesaw!

For more info: <https://50thingstodo.org/>

'50 Things' Challenge

We are currently running our 50 Things Challenge through Seesaw.

Each week an activity from the app will be shared via Seesaw for you to try at home. At the end of the challenge, participants will be issued a certificate and a small prize.

For more information please go to:

<https://fife.50thingstodo.org/app/os#!/welcome>



Our '50 Things Challenge' was shared through our Seesaw app in Term 2. This encouraged families to try different activities each week and share photographs with how they got on.

Simple incentives were offered to encourage participation (Certificates and a small prize)



Examples of Additional Level Activities

#14 See The Stars

50 things to do **five**

#14 See The Stars
Fife: @FifeFamilies

How to do it...
The moon changes from a full moon to a crescent moon and back in about three to 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 basket, or in a room with bunting or stars.

Extra Information
Link the easy "Twinkle, Twinkle Little Star" to your activity. It's a favourite of young children!

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 or rises, around June or December. Play with torches and shadows. Find the moon and stars on a clear night.

Another activity to try...
When do the tides and squiggles in the pool get a signal? By @FifeFamilies

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This week's activity is an outdoor one!

As it is getting darker, the stars are out earlier. Can you find any stars with your child?

Send us a picture in on Seesaw!

our sky snaps. we used a star finder app on cloudy nights. discussed different phases of the moon



fun in the rain & puddles. we made a rain gauge & monitored it Monday - to Sunday



#29 Pitter Patter

50 things to do **five**

#29 Pitter Patter
Fife: @FifeFamilies

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, squaggy mud oozes between their toes, or dip toes in and do some barefoot painting!

What you will need
Waterproof Rain Tarp or the tarp on an umbrella or in a tent. Waterproof clothing comes in a range of options - some are only aboveground, whereas waterproof will protect your child for much longer. They also come tailored 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-shaded position and wait for the rain. Measure how much rain has fallen and compare rainfall over different days/weeks.

How much fun can we have in the rain?

Splash or make zigzags in a chocolate brown puddle, giggle as you piddle-dance, watch raindrops racing down the side of your den...
Have you put your love in the mud?

Another activity to try...
You might have guessed it rains about the time when there has been a downpour. How many hot pots do you eat and how hot is it? @FifeFamilies

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Get outdoors and enjoy the Scottish Weather!

Send us a picture in on Seesaw!

Targeted

- In our **Play Away 2** group which runs with our **Early Entrant** families, we looked at the **50 Things** activities.
- We used the app as a means of creating our own **memory boxes** with the children and adding activities weekly to build a record of shared experiences.



Targeted



Making Memory Boxes



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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

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
- Coasters, 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.

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twitter.com @FiveFamilies

Another activity to try...

Collect up your recyclable household waste and create models and art. Try #23 Creative Junk.

Inspired from #22 - My Secret Treasures

Targeted



50 things to do before you're five

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!

NHS Health Scotland

Chalk pictures

Equipment

- Different coloured chalks (can be found in supermarkets and toy shops), suitable drawing surface
- Paintbrush, suitable container and water

Instructions

Make chalk pictures outside on paving stones or concrete. Show your child how they can make marks using chalk. Try chalking on different textured surfaces, such as wood, and rough and smooth surfaces. Demonstrate how you can blend chalk pictures by rubbing them.

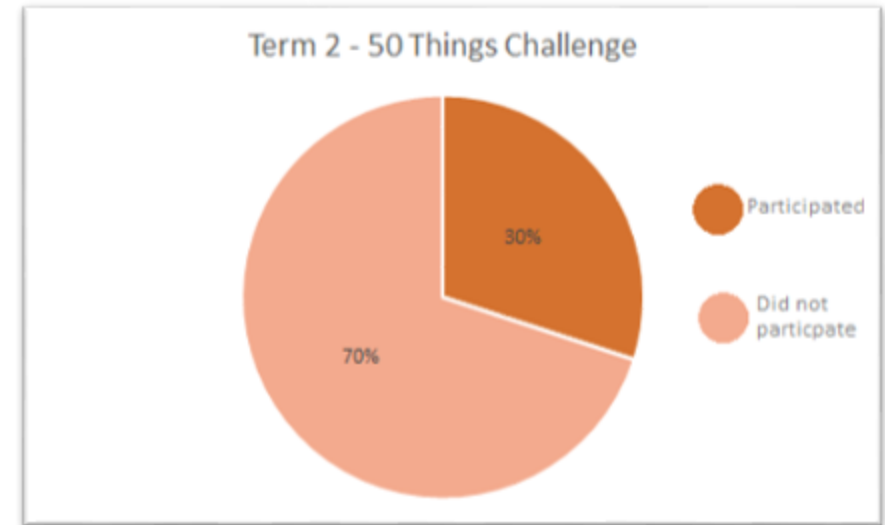
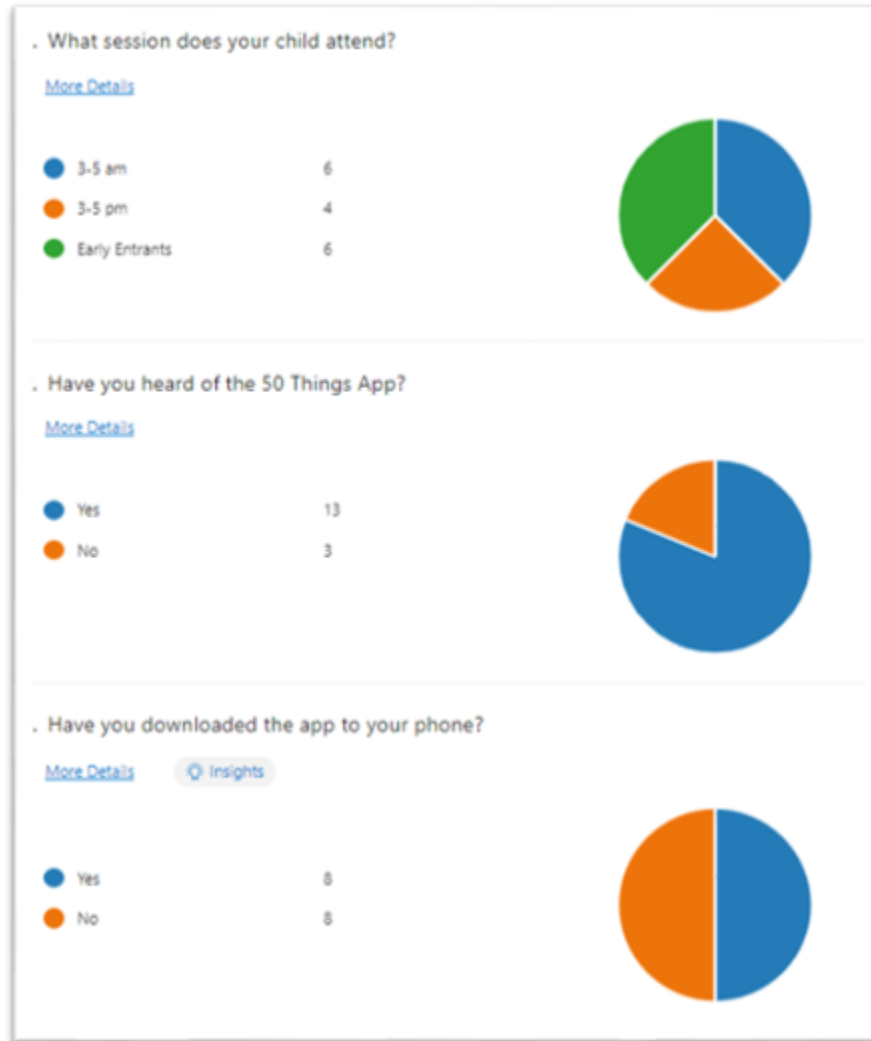
play@home Start early and stay active for life

Care Learning

healthier scotland

We looked at connections between the Play@Home Book at the app with the families

December 2023 Data

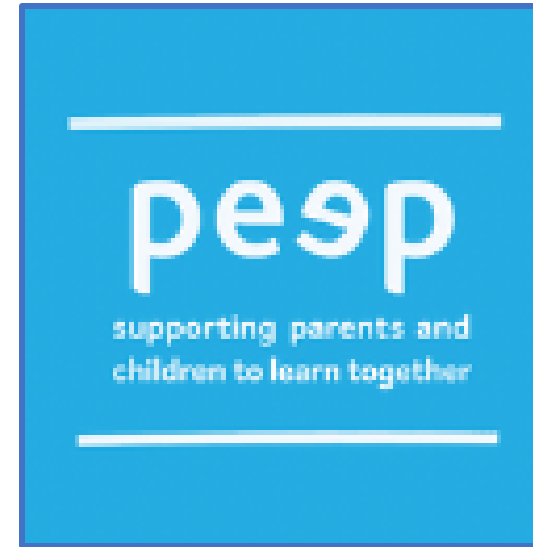


We had a 30% engagement for the first challenge.

After our first term of promoting the app – this was what our data looked like



Other Family Learning Opportunities



Due to the success of the Play Away 2 group, we are looking at ways to incorporate 50 Things into our other family learning groups and during Stay and Play sessions.



Early Years in Fife

Examples



50
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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...
Have you put your toes in the mud?



50
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Little People, Park Keeper

#27

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.



50
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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.

Example:
When one family shared what Fred had gotten up to during his stay, we were able to share that this experience would cover 3 of the activities on the app!

When families are participating in our nursery initiatives such as 'Fred the Ted', we are making the connection to 50 Things.

This allows them to see that the app is not a *homework* task, and is something that the children will enjoy doing with them.

