

50

things to do

before you're
five

How many activities can you do?

50 Things to Do Before You're Five is an exciting initiative full of ideas and activities for families with young children. Our project offers a wide range of activities from outdoor discoveries in the woods, to exploring how sound changes in different places, to sharing stories and water play!

Give each of the 50 Things activities a try, and tick them off when you've had a go, either below or on the 50 Things to Do Before You're Five app!



1 Get to Know You 	2 Where Am I? 	3 Treasure Time 	4 Make Your Mark 	5 Squidgy Sand 	6 Rhyme Time 	7 Making Music 	8 Bubbles 	9 Mini Beasts and Bug Hunting 	10 Sharing Books
11 Making Connections 	12 Brrrr... Explore the Cold 	13 Shout and Shhh 	14 See The Stars 	15 Dressing Up 	16 Whee, Bang, Whizz 	17 Hocus Pocus Potions 	18 Dance! 	19 Growing Little People, Plants and Things 	20 Mini Artists
21 Gigglebox 	22 My Secret Treasures 	23 See It Live! 	24 Hop, Skip and Jump! 	25 Creative Junk 	26 Splish, Splash, Splosh 	27 Little People, Park Keeper 	28 The Wheels on the Bus 	29 Pitter Patter 	30 Yummy Picnic
31 Boing! 	32 Where Have I Gone? 	33 Home From Home 	34 Woodland Wandering 	35 Trip Trap, Trip Trap 	36 Ready, Steady, Blow! 	37 Show and Tell 	38 Posty 	39 Talking Signs 	40 Happy History
41 Water Feature 	42 The Rough and The Smooth 	43 People Who Help Us 	44 Walking Wonders 	45 Wonderful Waiting Games 	46 Fantastic Paper Folding 	47 Great Fife Baking 	48 Natural Art 	49 Grass Gazing 	50 Sea and Sand

Scan the QR code to download our app



[Fife.50thingstodo.org](https://www.fife.gov.uk/50things)
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#1 Get to know you Your baby will benefit from having close, loving relationships with the grown-ups in their life. Getting to know your baby is helped when you use lots of eye contact.



– they can recognise your voice as early as 24 weeks. Infant messages, lots of eye contact and gentle talking or singing help your baby to remain calm and to get to know you. Your baby has lots to learn from you!



All children enjoy singing and rhymes. Enjoy rhymes together and your child will have the best start in developing their listening and talking skills, and later their reading and writing.



Rhymes include: traditional nursery rhymes, such as 'Winky Spider', and whole-body action rhymes, such as 'The Wheels on the Bus', 'Five Little Ducks', and 'Old MacDonald Had a Farm'.



Young children love to make a noise and see the reaction it gets. Help babies and children explore the music and sounds of everyday household items. Help them create a kitchen band, banging on pots and pans, or making rattles and shakers from bottles.



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



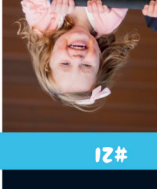
Snow, ice and cold weather are experiences that children can find really exciting. Children need to discover our world using all their senses to help them understand it. And snow is a great opportunity for problem-solving skills. By playing and exploring, your child will be learning by doing, which will help develop creative thinking and imagination.



Fireworks are colourful, noisy and exciting. You can enjoy watching fireworks outdoors on bonfire night, and on other exciting cultural celebrations throughout the year. You don't even need to leave the comfort of your own home; you can safely play with sparklers, or see fireworks when, bang, whizz from your window!



Your child can mix up their own magic potions using water, mud, leaves, petals or anything else you might find in the outdoors. Or you might even turn your sink into a witch's cauldron, so they can brew bubbling soap and water, with any other magical ingredients they find.



Toddlers and older children love to collect and store items that excite them. Their special collection might be a jumble of random items like old keys, a toy dinosaur, ribbons or a bouncy ball.



They may like to keep them in their very own special box, tin or basket. Or even create a scrapbook of memories, photos or tickets for family to remember special times together.



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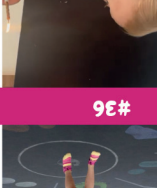
Happy play in grassy places. Exciting play for young children, riding on the top deck of a bus, catching a train and watching the scenery as families and friends travel is often responsibly accessible to park has so much free fun to offer!



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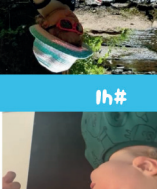
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As well as being really fun, the act of blowing can help children to feel calmer and help them focus, at the same time as building muscles in their mouth and improving breathing.



As well as being really fun, playing with dough, clay and glue helps your child to strengthen muscles and develop fine motor skills and their pre-writing skills. Dough can be easily made at home with everyday ingredients, and then you're ready to play!



Fire has water everywhere from Lochore Meadows Country Park. There are also locks and rivers in the local park. The centre of fish and ponds and burns across Fife, and even four reservoirs at the Lomond Hills Regional Park.



Your child might build a pre-historic swamp-and-good splash, splotch or scrap!



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Why not start by making butterfly prints? Encourage your child to point on one side of paper then fold it over to see how their folding skills you could do by encouraging paper up into balls, or rolling paper up into a tube pretending to be a pirate with a telescope.

#2 Where Am I? Help your baby understand their world. Talk about family (mum, dad, grandpa) and daddy (papa and pa).



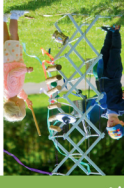
Spending time outdoors with your baby, talking to them about the things they can see and touch, to introduce words like 'baby' and use their name.



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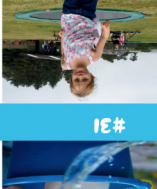
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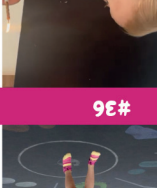
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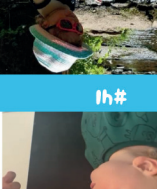
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#3 Treasure Time Your baby will love to explore with their hands and find out things for themselves.



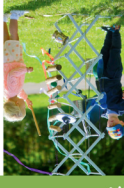
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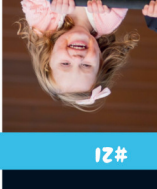
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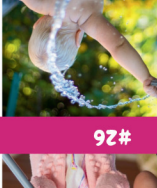
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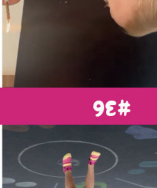
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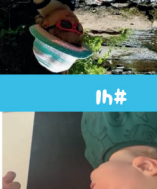
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#4 Make Your Mark Children love to be able to make their mark. Provide your child with opportunities and materials to make lines, prints or other marks on the surface.



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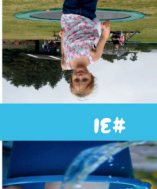
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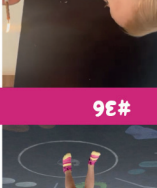
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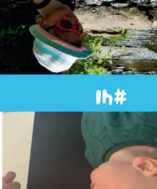
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#5 Squidgy Sand Use sand to squidge, squash and squish. Make sandcastles of different shapes and sizes. Empty, fill and pour... with bottles, cups and lots more.



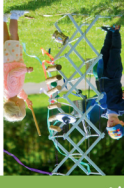
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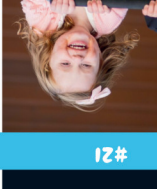
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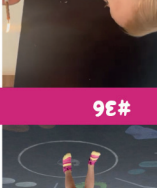
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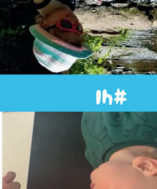
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