

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
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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



50 things to do before you're five

Want to find out more?

Download our app or visit our website for more information on these activities, plus lots of low and no cost events happening near you!



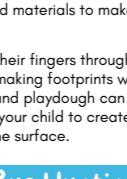
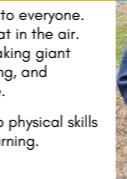
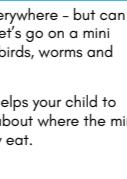
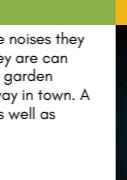
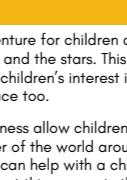
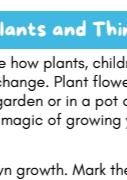
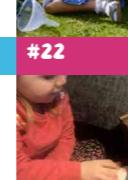
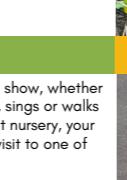
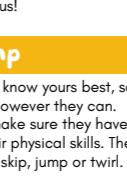
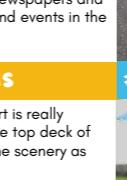
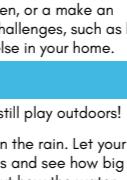
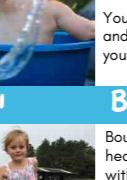
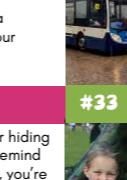
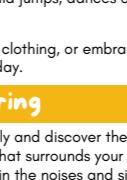
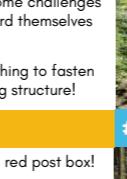
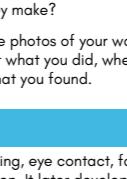
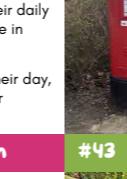
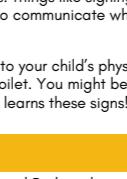
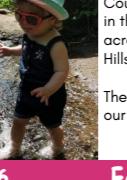
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Fife

#1	Get to know you	#2	Where Am I?	#3	Treasure Time	#4	Make Your Mark	#5	Squidgy Sand
	<p>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.</p> <p>You can 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. Your baby has lots to learn from you!</p>		<p>Help your baby understand their world. Talk about mummy (umi, 舅舅, mama), and daddy (papa and 爸爸). Talk about the things around you. Your baby learns all their early words from you.</p> <p>Spend time alongside your baby, talking to them about the things they can see and touch. Introduce words like 'baby' and use their name.</p>		<p>Your baby will 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.</p> <p>Make up a treasure basket filled with objects made of wood, metal, fabric to discover their taste, smell, texture and feel. Your baby was born wanting to find out about the world. Give them time and space to find out things for themselves.</p>		<p>Children love to be able to make their mark. Provide your child with opportunities and materials to make marks.</p> <p>It can be as simple as pushing their fingers through yoghurt at the dinner table, or making footprints with paint. Playing with sand, mud, and playdough can also be a good opportunity for your child to create lines, prints or other marks on the surface.</p>		<p>Use sand to squidge, squash and squish. Make sandcastles of different shapes and sizes. Empty, fill and pour... with bottles, cups and lots more.</p> <p>Play with wet sand or dry sand. Use a bucket, spade, or your hand to sprinkle, scoop, build, sculpt, shape and mark-make. Create small worlds in sand boxes to encourage imaginative play.</p>
#6	Rhyme Time	#7	Making Music	#8	Bubbles!	#9	Mini Beasts and Bug Hunting	#10	Sharing Books
	<p>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.</p> <p>Rhymes include: traditional nursery rhymes, such as Twinkle Twinkle Little Star; finger-rhymes, such as Incy Wincy Spider; and whole-body action rhymes, such as Heads, Shoulders, Knees and Toes.</p>		<p>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.</p> <p>Why not make some 'musical instruments' of your own?</p>		<p>The magic of bubbles can be a delight to everyone. Your baby will enjoy watching them float in the air. Your family can have such great fun making giant bubbles. All you need is: two sticks, string, and washing-up liquid with added glycerine.</p> <p>Without realising, your child will develop physical skills that will help them in other areas of learning.</p>		<p>They're here, and there, and everywhere – but can you get a good look at them? Let's go on a mini beast hunt to find beetles, ladybirds, worms and snails!</p> <p>Searching for these creatures helps your child to learn new words, and find out about where the mini beasts might live and what they eat.</p>		<p>Sharing books is a wonderful thing to do with young children. They can hear about people and places they may have never known about. Stories can be so much fun to read together, but they also inspire imaginative play and develop language skills.</p> <p>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!</p>
#11	Making Connections	#12	Brrr... Explore the Cold	#13	Shout and Shhh	#14	See the Stars	#15	Dressing Up
	<p>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.</p> <p>Activities like these support your child's curiosity and problem-solving skills. By playing and exploring, your child will be learning by doing, which will help develop creative thinking and imagination.</p>		<p>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 play!</p> <p>Wrap up warm and keep moving – they'll have a wonderful time!</p>		<p>Your little one will be delighted with the noises they can make, exploring how the places they are can change that sound. A loud sound in the garden sounds different in the pedestrian subway in town. A whisper close to their ear might 'feel' as well as 'sound'.</p>		<p>Night time is a fascinating adventure for children and an opportunity to see the moon and the stars. This helps us to support and extend children's interest in the natural world and outer space too.</p> <p>Experiences with light and darkness allow children to appreciate the awe and wonder of the world around them. Being playful in darkness can help with a child's fear of the dark, as they learn that things remain the same in both day and night.</p>		<p>Capture your child's imagination with dress up play. Using clothes and objects you have at home, your child can pretend to be someone or something else. Inspire your child to make up their own playtime stories.</p> <p>When dressing up, your child can be anything they want to be... A monster, pirate or princess? Or maybe they want to be a doctor, shopkeeper or chef?</p>
#16	Whee, Bang, Whizz	#17	Hocus Pocus Potions	#18	Dance!	#19	Growing Little People, Plants and Things	#20	Mini Artists
	<p>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 whee, bang, whizz from your window!</p> <p>Fireworks should always be used with care! Always follow instructions and ensure children are supervised.</p>		<p>What do you need to mix together to make a magic medicine or a super-power potion? Imagination and plenty of easily found ingredients!</p> <p>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.</p>		<p>Dancing is fun 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. Show off your dance moves, as they love copying your actions!</p> <p>Every time your child wiggles and jiggles, they are learning. Dancing is a fun activity you can do anywhere and with anyone.</p>		<p>Isn't our world amazing? Explore how plants, children and other creatures grow and change. Plant flower, fruit or vegetable seeds in the garden or in a pot or jar on your windowsill, to show the magic of growing your child's own mini harvest.</p> <p>Talk to your child about their own growth. Mark their height on a chart, wall or door to show how we all grow just like plants do around us!</p>		<p>Your child will enjoy making marks outside with water or chalk on pavement, or using washable paints or chunky pens indoors on scrap paper or card. Their growing skills with paint, pens, crayons and chalk will support them to be strong writers and makers of art.</p> <p>Let your child's imagination inspire their artistic creation. They will have lots of fun expressing themselves through each line they make and colour they use.</p>
#21	Gigglebox	#22	My Secret Treasures	#23	See it Live!	#24	Hop, Skip and Jump	#25	Creative Junk
	<p>You and your child can be the funniest pair in the world! Your baby will love to giggle at silly sounds and rhymes, games of 'peek-a-boo', and lots of tickles on their tummy!</p> <p>Splashing water in the bath or pulling silly faces will have them roaring with laughter. Let go of your inhibitions and enjoy the silliness together!</p>		<p>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.</p> <p>They may like to keep them in their very own special box, tin or basket. Or even create a scrapbook of dried leaves, train tickets or photos of family to remember special times together.</p>		<p>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 and dancing for you or a visit to one of the local theatres across Fife.</p> <p>Check the 50 things events tab, local newspapers and council websites for news of festivals and events in the area.</p>		<p>Every child is different, and you know yours best, so encourage your child to move however they can. Children love to be active, so make sure they have lots of opportunities to practise their physical skills. They might love to run, hop or crawl, skip, jump or twirl.</p> <p>You could create your own hopscotch game by drawing with chalk in your garden, or make an exciting obstacle course with challenges, such as hula-hoops, bean bags or anything else in your home.</p>		<p>Your child's imagination can be set free when they create amazing designs and structures. The best creations often come from scrap cardboard boxes and other materials that would have otherwise been binned!</p> <p>Use these boxes to create a car, a fire engine, a house or a ship! The best bit of this activity is letting your child lead; you might be surprised about how much fun can be had with a pile of junk.</p>
#26	Splash, Splash, Splash	#27	Little People Park Keeper	#28	The Wheels on the Bus	#29	Pitter Patter	#30	Yummy Picnic
	<p>Through playing with water children can explore, discover and problem-solve. Help your child to be more comfortable with water by splashing, pouring, and paddling at bath-time, or in a washing up bowl with yoghurt pots and other containers.</p> <p>You can play with water in many ways, both inside and outside. In doing so, this will positively impact your child's physical and emotional development.</p>		<p>Happy hearts and happy faces. Happy play in grassy places.</p> <p>It is well-known that outdoor play helps young children to grow healthily, so visit your local park to enjoy the open spaces and the countless opportunities to learn through play. Swing on a swing, slide down a slide or feed the ducks. Your park has so much free fun to offer!</p>		<p>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.</p> <p>Bus and train travel is often reasonably accessible to families across the Fife area.</p>		<p>It rains... it pours... but we can still play outdoors! There's so much fun to be had in the rain. Let your child Pitter Patter in the puddles and see how big of a splash they can make. Talk about how the water changes and ripples as your child jumps, dances and plays in their wellies.</p> <p>You can stay dry in waterproof clothing, or embrace the wet weather on a warmer day.</p>		<p>Picnics are great for any age in any weather. Have a picnic in your local park, your garden or even your front room!</p> <p>Write a menu together and let your child help make the yummy food. Invite your child's friends or bring their teddy for even more fun. Having a picnic is a great opportunity to spend time together, and it can be as simple as enjoying some fruit and water on a tea-towel!</p>
#31	Boing!	#32	Where Have I Gone?	#33	Home from Home	#34	Woodland Wandering	#35	Trip Trap, Trip Trap
	<p>Bouncing helps children to be physically active and healthy. From a young age, your child will be familiar with bouncing, as a baby on your knee. They will now want to explore new heights on bouncy castles and trampolines!</p> <p>Local parks provide the perfect space and place for jumping and bouncing around in a safe way, allowing children to burn some energy and let off steam.</p>		<p>Hide and seek, peek-a-boo, sardines and other hiding games are a great way to play. These games remind your child that even when they cannot see you, you're always there and will always come looking for them.</p> <p>There's nothing better than seeing your child's smiling face when they realise you've found them. Especially when you can see their toes peeping out from under the curtains, or can follow the sound of their giggles to help you find them!</p>		<p>Children are very creative when given the tools they need. Den building helps children to plan, use their imagination and make their ideas a reality!</p> <p>They will need to problem-solve, overcome challenges along the way, and then they can reward themselves with play time in their new hideout.</p> <p>All they need is a sheet or towel, something to fasten with, like clothes pegs, and a supporting structure!</p>		<p>Visit a woodland with your family and discover the nature, wildlife and adventure that surrounds your local area. Stand still and take in the noises and sights around you. What creatures, plants and sights can you see? What kind of noises do they make?</p> <p>Collect natural objects and take photos of your walk. You can use these to talk about what you did, where you went, what you saw and what you found.</p>		<p>Who's that walking over my bridge?</p> <p>Children can enjoy watching water flowing or spotting fish in the water, but they might also love to play pretend that a troll lives under the bridge!</p> <p>Explore bridges by walking across or under them. Talk about the water flowing, and play games like pooh-sticks by dropping leaves or sticks and racing them to the other side!</p>
#36	Ready, Steady, Blow	#37	Show and Tell	#38	Posty	#39	Talking Signs	#40	Happy History
	<p>Children love to blow dandelion seeds, small plastic garden windmills, feathers and, with adult supervision, candles.</p> <p>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.</p>		<p>Your child will love when their special grown-up takes them to their nursery, playgroup or childminder.</p> <p>Encourage your child to show and tell all of their daily activities so they know their education and time in nursery is valuable.</p> <p>By showing a real interest in how they spend their day, this will encourage your child to celebrate their learning.</p>		<p>Everyone loves to post letters in the big red post box! Write notes to friends, family or toys, or even create a drawing to send to someone special.</p> <p>Go on a walk to your local post box so your child can enjoy posting their letters and waiting for a reply! Or, you can bring the fun into your home by turning an old shoebox into a post box, for your very own post office.</p>		<p>Communication begins with crying, eye contact, facial expressions and social interaction. It later develops into sounds, words and gestures. Things like signing can be very helpful for a baby to communicate what they need.</p> <p>Try learning basic signs related to your child's physical needs such as food, drink and toilet. You might be surprised how quickly your child learns these signs!</p>		<p>Fife has lots of great museums, from the award winning Dunfermline Carnegie Libraries & Galleries, situated in the city of Dunfermline's Heritage Quarter, to the Scottish Fisheries Museum in Anstruther. Best of all, admission to these museums for children and young people, is absolutely free!</p> <p>Take a bus, a train or get in your car and drive to one of the Fife's museums. Take a picnic lunch and stay for the day.</p>
#41	Water Feature	#42	The Rough and the Smooth	#43	People Who Help Us	#44	Walking Wonders	#45	Wonderful Waiting Games
	<p>Fife has water everywhere from Lochore Meadows Country Park in the centre of Fife to ponds and burns in the local parks. There are also lochs and rivers across Fife, and even four reservoirs at The Lomond Hills Regional Park.</p> <p>There are lots of streams and burns to visit safely in our area, many are shallow enough to venture into.</p>		<p>As well as being huge fun, playing with dough, clay and gloop helps your child to strengthen muscle tone, develop fine motor skills and their pre-writing skills. Doughs can be easily made at home with everyday ingredients, and then you're ready to play!</p> <p>Your child might build a pre-historic swamp-land populated by dinosaurs or they might just have a good splash, splodge or scrape!</p>		<p>Pre-school children are really interested in people and the world around them, and they are particularly fascinated by people in uniform. High five someone who works in uniform and say 'thank you' for everything they do to help us. Police, firefighters, paramedics, doctors, nurses, dentists – the list could go on of all the amazing people who look after us.</p> <p>Give them a high five next time you see them!</p>		<p>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 – historic castles and caves, iconic bridges, award-winning beaches, parks and wildlife reserves.</p> <p>The Fife Coastal Path is an experience not to be missed.</p>		<p>Waiting for transport, sitting at the doctors or at your table in a restaurant can be boring for children. Why not play some simple games to entertain each other, and extend your child's vocabulary at the same time?</p> <p>Playing games when out and about encourages them to look around, explore their surroundings, answer and ask questions.</p> <p>I spy with my little eye, something beginning with...</p>
#46	Fantastic Paper Folding	#47	Great Fife Baking	#48	Natural Art	#49	Grass Gazing	#50	Sea and Sand
	<p>This activity needs a bit of adult help as paper folding can be tricky for little hands!</p> <p>Why not start by making butterfly prints? Encourage your child to paint on one side of paper then fold it over to see how their design prints onto the other side. To support your child's folding skills you could also try scrunching paper up into balls, or rolling paper up into a tube pretending to be a pirate with a telescope.</p>	<img alt="A child baking." data-bbox="335 835 375							