

50 **before you're**  
things to do **five**

NEWSLETTER



## Welcome to the **July** Newsletter...

Our first newsletter is in celebration of the Summer of Play campaign, which the 50 Things team have taken a pledge to support.

### What if we allowed space and freedom to see what happens when we play?

Chair of Play England, Anita Grant, discusses the importance of giving children the opportunity to rediscover their affinity with play. Lockdown restrictions limited young children's freedom to play with their peers and explore their surroundings. Read Anita's message below:



"The pandemic has created an unprecedented time of restriction and uncertainty for children. They have been intensely observed and controlled. We are getting more and more research about their feelings of isolation and loneliness, changes to their play and sadness at missing friends.

As we move into the next phase, we need to think about how children may not have had the experiences we would have expected them to have. How their own attitudes to things like authority, school, exercise and screens may differ from ours.

The freedom and the ability to make decisions, have agency and choose is fundamental for play as play is intrinsically motivated. This next bit of a time is an ideal opportunity for grown-ups to confess that we don't know all the answers and to co-produce the plans for the future with those who are going to be living in it."



*Explore!*

## Why 50 Things is the perfect fit for a Summer of Play

50 Things in Bradford are encouraging families to walk, talk, discover and draw this summer!

50 Things To Do Before You're Five in Bradford have partnered up with the Bradford Museums and Galleries to encourage families and children to take part in exploring and creating some fantastic art!

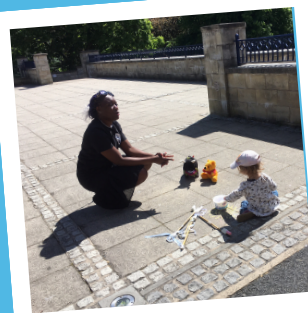
The aim of the 'walk, talk, discover and draw' sessions are to invite families to be familiar with Bradford museums and galleries and to show them that there are lots of benefits to their children's development by taking part.



**Walk**



**Talk**



**Discover**



**Draw**

## How a Summer of Play is essential for children's wellbeing

"When children play, they are doing their most important work, not taking time away from the most important work"

Young children's brains are amazing! They are taking in so much information from the world around them. Jo Stockdale emphasises how play is part of our primitive brain which forms the basis of our learning. Read Jo's blog on our website to find out more!



*Outdoors*



## Staycation adventures with 50 Things

This summer, go on an adventure and explore our wonderful 50 Things areas in the UK!

Are you looking for a hiking adventure? Then, East Sussex, has you covered- they're known for their hills and valleys so it's the perfect place for some nature-filled experience!

Perhaps your child is interested in art and history? Our West Yorkshire partner areas are filled with museum galleries! From the National Science and Media Museum in Bradford to Sandal Castle in Wakefield, there are lots of wonderful artefacts to see and learn about!

What about going back in time and visiting Warwick Castle? Or a relaxing day paddling on the river in Overcote in Cambridgeshire?

Every 50 Things project details local museums, parks and things to do.

Check out our partner apps, including local links and events pages when you're visiting other areas across the UK!



## Keep in the know...

Visit [50thingstodo.org/webinars](https://50thingstodo.org/webinars) to sign-up to future events and also have the opportunity to watch all our previous recordings.



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