



50
things to do

before you're
five

ACTIVITY IDEAS



How to do it



Things you may need

Links to the EYFS

**Characteristics of
Effective Learning**

www.50thingstodo.org





ACTIVITY IDEAS #29 Pitter Patter



How to do it

Children love to play in puddles! They love to see the splash of the water, this could be from them jumping in it themselves or by dropping in a stone or rock. #29 Pitter Patter wants children to experience the rain to let them learn about their world and the different things you can do in the rain.

Feel it on your face

Think about the different sizes of rain drops, how does it feel?

Listen to it fall

Use an umbrella to sit under and listen to the rain fall on it, how does it make you feel listening to the rain drops?

Splash in the puddles

What marks does it leave on the ground?

Dance and sing

Good songs could be:

'It's raining, it's pouring, the old man is snoring, he went to bed, he bumped his head and he couldn't get up in the morning!' or 'Rain, rain go away, come again another day.'

Things you may need

If it's a cold day, waterproof clothing, under-layers and wellies would be helpful.

If it's a sunny day why not try some barefoot splashing, how does it feel?

You could use containers to see the water collected in them.



Links to the EYFS

- Physical Development
- Personal, Social and Emotional Development
- Communication and Language
- Understanding the World

Characteristics of Effective Learning

- Playing and Exploring
- Active Learning





ACTIVITY IDEAS #42 The Rough and the Smooth



How to do it

Exploring both rough and smooth textures is a great way for young children to develop their fine motor skills. It strengthens muscle tone and helps with their pre-writing skills. Children have lots of fun playing with dough, clay, gloop and slime. This activity also encourages children to explore their senses through touch, and by introducing an essence in the dough it can stimulate their sense of smell too.

Doughs can be easily made at home with everyday ingredients that could likely already be in your cupboards. Take a look at the resources section on our app. There you will find the recipes for playdough, salt dough, fizzy cloud dough and gloop.

#42 also encourages conversations and gives you the opportunity to introduce some new vocabulary/words to your children. Using words such as: lumpy, squeeze, liquid, mould, hard, soft, and drip.

It can encourage mathematics skills by helping to measure out the ingredients and helps children to understand instructions, eg: "can you put two cups of flour into the bowl?".

All of these different activities can provide hours of endless enjoyment and can venture into many different directions.

Once you have produced the final product for example play dough you can create whole new experiences such as baking buns together, creating a world for animals.

Things you may need

- Dough/slime/gloop/clay
- Shape cutters
- Rolling pin
- Containers/mixing bowl
- Wooden spoon



Links to the EYFS

- Personal, Social and Emotional Development
- Physical Development
- Communication and Language
- Expressive Art and Design
- Understanding the World
- Mathematics

Characteristics of Effective Learning

- Active Learning
- Creating and Thinking Critically





ACTIVITY IDEAS #48 Natural Art



How to do it

The natural environment is all around us and it can be fun to explore together and collect items that you may find on your way. #48 encourages children to use their imagination and creativity to produce pictures with items they have found or twig towers or a scary mud monster.

This activity encourages children's imagination and supports their communication skills. As they explore the world around them they get to experience the amazing items we can see in nature. On a walk you can collect items such as sticks, stones, conkers, leaves and mud.

Whilst you are collecting a variety of items you can encourage your child's imagination by discussing what types of pictures they can create, could it be a mud monster, stick animal or can they make a fairy with the leaves.



Things you may need

- A bag to collect your natural resources
- String
- Paper
- Tape
- Glue



Links to the EYFS

- Personal, Social and Emotional
- Physical Development
- Communication and Language
- Understanding the World
- Expressive Art and Design

Characteristics of Effective Learning

- Playing and Exploring
- Active Learning
- Creating and Thinking Critically

