

52 Things to do  
before you are

5

1. Visit the seaside. Explore and find treasures on the beach

2. Investigate rock pools and see if you can find little fish and crabs.

3. Build a sandcastle.

4. Paddle in the sea.

5. Climb up and over a big rock

6. Make a beach face using shells and seaweed.

7. Climb a tree.

8. Discover minibeast on a bug hunt.

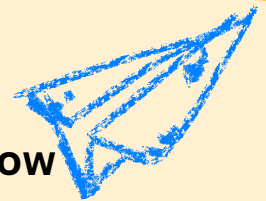
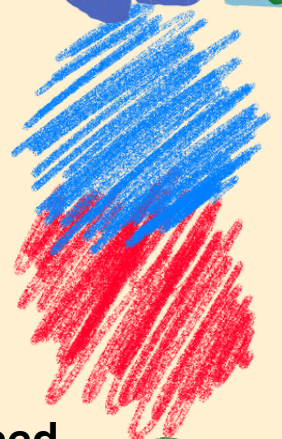
9. Make a mud pie.

10. Plant a flower, water it and watch it grow

11. Go for a picnic and help make and pack it

12. Use furniture and blankets to create a den.

13. Sleep and have breakfast in your den.





14. Ride on a bus and if possible ride on the top deck .

15. Visit a library and choose a book.

16. Make a hand and foot-print set with paint.

17. Draw your own masterpiece.

18. Go blackberry picking in September.

19. Go for a walk through a forest.

20. Learn your name, address and parent's phone number.

21. Fly a kite. Make your own kite with a light plastic bag tied with string.

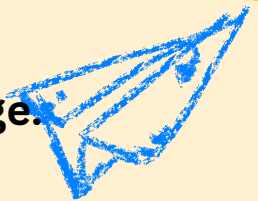
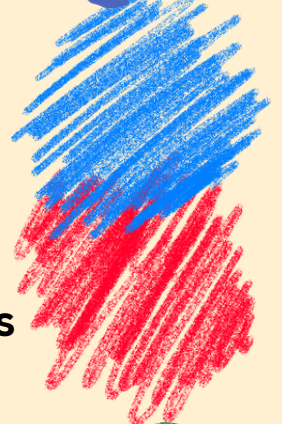
22. Mix a potion in the garden or park using petals and leaves

23. Learn to say hello in a different language.

24. Dance in the rain.

25. Visit a farm and pet the animals.

26. Bake a cake with your mum or dad and lick the spoon.





27. Make a paper airplane.  
28. Jump in muddy puddles and/or Autumn Leaves.



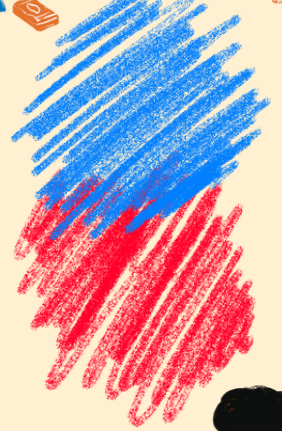
29. Dig for and hold a worm.

30. Play a games with a ball.

31. Build a tower taller than you.

32. Draw on the ground with chalk.

33. Skim a stone across the water.



34. Learn a new joke and make your friends laugh.

35. Hunt for a four leaf clover.

36. Create something from a big cardboard box - a house, shop, car, train, robot, etc.

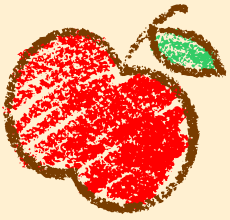


37. Feed the ducks (not bread)

38. Look at the stars at night.

39. Jump on your bed.





40. Have a dress-up day.

41. Roll down a hill (parents check for sharp objects and animal poo first)

42. Run through long grass (barefoot if you can)

43. Organise a teddy bear's picnic with your favourite toys

44. Play hide and seek

45. Help make your own dinner

46. Climb a really big hill

47. Say hello to another child in the park

48. Slide down a hill on a piece of cardboard.

49. Visit a Museum (Ulster Museum is free)

50. Have a dance party with your family.

51. Go cloud watching, lie on the grass and see what shapes you see.

52. Do something that scares you.

