

50[™] things to do before you're five

50 low or no cost activities for you to do in Norfolk with your baby, toddler and pre-schooler before they turn 5. Download the free 50 Things app and start ticking activities off your list today!

From puddle jumping and outdoor art to posting letters and den building. These activities are designed to entertain your little one, help them develop their brain and get them moving more. All are key skills in developing early language and reading skills.

Download the app today and get started!



www.50thingsb4five.org.uk

01 Get To Know You	02 Where Am I?	03 Treasure Time	04 Make Your Mark	05 Squidgy Sand
06 Rhyme Time	07 Making Music	08 Bubbles!	09 Mini Beasts and Bug Hunting	10 Sharing Books
11 Making Connections	12 Brrrr... Explore the Cold!	13 Shout and Shhhh	14 See the Stars	15 Dressing Up
16 Whee, Bang, Whizzz	17 Hocus Pocus Potions	18 Dance!	19 Growing	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 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 High Five	44 Lighthouses and Windmills	45 Wonderful Waiting Games
46 Fantastic Folding	47 Great Norfolk Baking	48 Natural Art	49 Grass Gazing	50 Sea and Sand