

# 50

things to do

before you're

# five

What is '50 Things'

[norfolk.50thingstodo.org](http://norfolk.50thingstodo.org)

## What is '50 Things'...

'50 Things' is based on the simple idea that doing life-changing, fun, low-cost or no-cost activities with your family, and talking about them, is a great way to support the growth of your child's skills and confidence. Children with this great start in life not only enter primary school much more ready to learn, but are more likely to be successful in their GCSEs and later in life.

There's lots of evidence that shows the benefits of parents getting involved in their children's learning. Children's language development improves by having early conversations from birth, with grown-ups who are interested in and love them.

The '50 Things to Do Before You're Five' 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.

Get busy with your little ones  
and download the app today

