

Developing your Home Learning offer with 50 Things To Do Before You're 5



As Early Years practitioners, we play a pivotal role in shaping the early experiences of young children. 50 Things to Do Before You're Five offers a valuable resource to support families. It provides a curated list of 50 fun, low or no-cost activities designed to foster children's development through play, language, and exploration. By supporting parents to integrate these play-filled activities into their daily routines, you are strengthening your home learning offer, promoting families engagement in meaningful interactions that promote development.

Play is not just beneficial for children. When parents join in, it offers a chance to relieve stress, improve mood, increase physical activity, and strengthen emotional connection with their child. By championing playful experiences, we help families establish home learning routines that support mental and physical health alongside developmental growth.



Integrating 50 Things into your Home Learning offer

The "50 Things to Do Before You're Five" initiative encourages families to provide enriching experiences during the critical early years. Practitioners can use Baby Week (14th-20th November), as an opportunity to engage directly with families, showcase playful activities, and offer practical ideas to continue at home. Here are some ideas for implementation:

Organise Themed Events

Host Baby Week sessions, focused on "50 Things" activities that support child and parent well-being.

Collaborate with Local Partners

Work with libraries, community centres, and health services to provide joint sessions and well-being support.

Provide Resources

Share the 50 things app with families, emphasising that the activities offer parents opportunities to play and bond.

Share Success Stories

Encourage parents to reflect on how playing with their children boosts their own mood and energy. Share these stories with your community.

Actively participating in, and promoting 50 Things to Do Before You're Five, can provide families with engaging, practical ways to enhance children's early development whilst supporting parents' health and well-being.

The following page features a **cut out that can be shared with families** to promote five of the 50 activities, to support child development and parental wellbeing.



Free Activities that Support Child Development and Parental Well-being:

Scan the QR code to download the **free app**, to access a range of low or no cost **activities and events**, to enjoy at home or in your local area.



Go on a Mini-Beast Hunt (Activity 9)

Explore the garden or local park together, looking for insects and small creatures. Children develop observation skills and curiosity, while parents enjoy fresh air, light exercise, and the calming effects of nature.

Make Music Together (Activity 7)

Using pots, pans, or simple instruments to create rhythms and songs promotes listening, coordination, and creativity in children, while giving parents a joyful outlet for self-expression and stress relief.

Jump in Puddles (Activity 29)

Splashing in puddles after rain is fun for children, supports gross motor development, and gives parents a chance to enjoy light physical activity and playful freedom.

Nature Art (Activity 48)

Collect leaves, flowers, and twigs during a walk and create a collage. Children practice fine motor skills and creativity, while parents experience mindful, relaxing engagement with their child.

Storytelling with Toys (Activity 10)

Making up stories using toys or everyday objects helps children develop language, imagination, and social skills. Parents benefit by strengthening emotional connection, sharing laughter, and building confidence in interacting with their child.



Simple, everyday activities like exploring nature, making music, or storytelling, help children thrive and give parents the opportunity to relax, laugh, and feel connected. Play is crucial for the whole family, fostering resilience, joy, and lifelong learning. Using the QR code, explore the '50 Things to do Before You're 5' app, for more activities and events near you.