49 Things to do before you’re 5

1. Run around in the rain
2. Play hide-and-seek in a garden
3. Lie on your back and watch the clouds
4. Pick fruit from a tree and eat it
5. Go for a hike in the bush or a local reserve
6. Jump in a pile of leaves
7. Build a sandcastle with a moat
8. Hang from a low branch, then drop
9. Make a collection of leaves and feathers
10. Climb a steep slope on your hands and knees
11. Watch a sunrise or sunset
12. Play with mud
13. Explore your garden with a magnifying glass
14. Float a leaf in a pond or stream
15. Listen to a storm and watch for lightning
16. Chase your shadow
17. Search for tadpoles in a creek
18. Make a cubby under a tree or in some bushes
19. Draw with a stick in the dirt
20. Grow some herbs and veggies in a patch or pot
21. Visit a farm, or a petting zoo
22. Sit around a campfire and toast marshmallows
23. Dig holes and trenches in your yard
24. Listen to the birds and imitate their song
25. Catch some bugs and then release them
26. Make a snow angel in the snow
27. Invent your own obstacle course using rocks and sticks
28. Blow on a dandelion flower and make a wish
29. Sit quietly and watch ants, snails or birds
30. Water some plants with a watering can
31. Have a picnic under a big shady tree
32. Jump in a puddle
33. Chase butterflies around the garden
34. Play with a ball at an oval or on the beach
35. Paddle at the beach or a backyard wading pool
36. Play shops under a tree with seed pods and leaves
37. Visit a botanical garden
38. Balance along a log or some stepping stones
39. Go for a night walk with a torch in the garden
40. Climb a big hill and look at the view
41. Explore a rock pool or create your own
42. Have story time outside on a rug
43. Catch rain on your tongue
44. Sprout some fast-growing seeds
45. Play ‘peek-a-boo’ from behind a tree
46. Ride a trike or scooter to the park
47. Roll down a grassy hill
48. Pick a posy of flowers for someone you love
49. Count the stars at dusk

Find out why at www.natureplaycbr.org.au
and check out the 51 things to do before you’re 12

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