

49 Things to do before you're 5

Nature Play SA
TURN PLAY INSIDE, OUT.

- 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 Search for shells at the beach
- 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 seedpods 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.natureplaysa.org.au
and check out the 51 things to do before you're 12

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