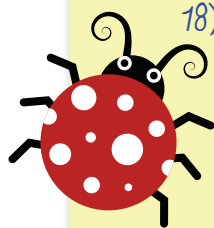
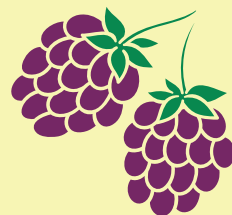


50 things to do before you are 5. Have fun seeing how many you can do!

- 1) Explore long grass – feel it between your fingers, toes and tickling your nose
- 2) Play 'I Spy' with colours or shapes e.g. 'I spy with my little eye something the colour blue'
- 3) Go on a walk through the woods in all seasons and all weathers
- 4) Not near any woods? Go for a walk around your neighbourhood, find a tree and watch how it changes through the seasons
- 5) Plant and care for a beautiful smelling flower
- 6) Go on a treasure hunt
- 7) Have a teddy bear's picnic with your favourite treats
- 8) Climb a tree or climbing frame (very carefully!)
- 9) Play 'Pooh sticks'
- 10) Learn a song with actions
- 11) Go for a ride on a bike or scooter
- 12) Care for a pet (no matter how small)
- 13) Play Hide and Seek
- 14) Visit a river or canal bank
- 15) Visit a farm or zoo
- 16) Play hopscotch
- 17) Play make believe and be who you want to be; an astronaut on the moon or a queen in a castle
- 18) Start a nature collection
- 19) Be an explorer and hunt bugs
- 20) Look for worms and watch them wiggle
- 21) Help to make your own dinner
- 22) Go for a walk on a windy day. Take a scarf or kite and see how they fly
- 23) Roll down a slope
- 24) Visit a museum or historical building
- 25) Dig for treasure
- 26) Try baking a cake and lick the spoon!
- 27) Make perfume from flower petals
- 28) Make a snow angel and have a snowball fight
- 29) Play with water, pour, explore, wash toy cars
- 30) Make a den using blankets and towels draped over furniture
- 31) Have a sleepover in the den you made and get changed into your pyjamas yourself
- 32) Play in the autumn leaves and throw them over your head. Listen for the crunch underfoot, then pick your favourites and make your very own leaf character
- 33) Draw a picture of your family or friends
- 34) Go out in the rain and jump in puddles
- 35) Lie on your back outside and watch the clouds
- 36) Go blackberry picking
- 37) Make a mud pie
- 38) Blow a dandelion clock
- 39) Balance on a log
- 40) Chase your shadow on a sunny day
- 41) Catch rain or snow on your tongue
- 42) Go on a torch-lit walk in the dark, look for stars and night-time animals
- 43) Try hula hooping
- 44) Join the library and borrow some books
- 45) Go on a bus
- 46) Make a friend who goes to school
- 47) Paint your drive, patio or outside wall with water
- 48) Visit a park to look and listen for birds
- 49) Make and fly a paper plane
- 50) Blow bubbles and try to catch some



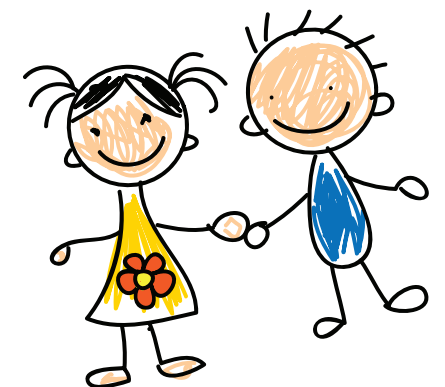
Is your child ready for school?



A guide for families

Helping your child get ready for school is very important and how you support them really matters. Here are some things that you can help them to practise so they will settle into school more easily.

We understand that every family and child grows and learns in different ways. Some children have different ways of doing things and letting us know their needs and these children may need more help to get them ready for school.



Are they working towards being able to

1 Enjoy playing and learning?



Top tip Read books, point at pictures and ask questions about what you see. It's a great way for children to learn and to enjoy time together.

2 Know when they need to go to the toilet, how to wipe themselves, pull their clothes up and down, flush the toilet and wash their hands?



3 Tell a grown up what they need, by talking, pointing or signing?



4 Get dressed themselves? Put on their shoes and coat and take them off again?



Top tip

Think about things like laces and buttons that can be fiddly if your child is not used to them and try to choose items for school with fastenings that your child finds easier to handle.

Top tip

Children often get their clothes inside out or the wrong way round. Try to show them the difference.

5 Eat meals sitting at a table? Have a clear bedtime routine so that they are not tired for school?



Top tip

Think about using packets and containers in your child's lunch box that are easy to open.

Top tip

Start to introduce them to using a child's knife and fork to cut and eat their food.

6 Use their hands and fingers to draw, colour, paint, stick, mould dough and cut out (using child safety scissors).



Top tip

It is fantastic if your child can recognise their name and is used to seeing words and letters but we do not expect children to be able to write their name when they start school.

All of these things will help them to get ready for school. Remember: as your child's first teacher you can make a real difference to their experience at school.

One last thing...

To help stay healthy and well you can check with your GP practice that your child is up to date with their immunisations. All children can get free NHS dental check ups and it is recommended to have one every 6 months.

Find your local NHS dentist and GP details here www.nhs.uk

More information on preparing your child for school can be found by visiting:

pacey
professional association for
childcare and early years

[www.pacey.org.uk/
parents/toolkit/](http://www.pacey.org.uk/parents/toolkit/)

**HOME
START**

[www.home-start.org.uk/Pages/
Category/big-hopes-big-future](http://www.home-start.org.uk/Pages/Category/big-hopes-big-future)

**National
Literacy
Trust**

<https://small-talk.org.uk>

If you have any questions or concerns contact your:

NHS
Gloucestershire Health and Care
NHS Foundation Trust

Health visitor, by visiting <https://ghc.nhs.uk/a-z> and selecting 'H' to navigate to Health Visiting, or speak to your child's nursery, pre-school or other setting.