



One minute guide

50 Things to do Before You're Five

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What is '50 Things to do Before You're Five'?

'50 Things to do Before You're Five' are activities that parents and carers can enjoy with their children aged 0 to 5, all of which are low-cost or no-cost, and will promote good child development.

The 50 Things are listed and detailed on a free mobile application (app). Printed activity cards are also available. The app and cards highlight fun and creative ways for parents and children to get out and about, learn new things, and develop conversational skills.

Each of the 50 things comes with detailed suggestions, including why it is important, how, when and where to do it, what is needed, and links to other resources. The information also has ideas for children with special educational needs and disabilities (SEND).

The app allows users to access all the information, record completion of activities and save memories such as photos and videos for their own viewing.

The Leeds app, launched in November 2018, has been developed in partnership with people in Bradford who initiated '50 Things'. The app content has been carefully developed by: education experts, Born in Bradford academics at University of Leeds; teaching school alliances; private sector education provider [Frog education](#); early year practitioners at [St Edmund's Nursery](#); Special Educational Needs and Disabilities (SEND) practitioners; and Bradford parents and carers.

Why do we have '50 Things'?

We have developed '50 Things' because we want to encourage parents, carers and communities to have fun and increase the literacy and language skills of children and enhance their life experiences, so that they are best prepared to start school.

The evidence [suggests](#) that the first 1,000 days of a child's life, from conception to the age of two is the most critical phase during which a child develops, and if a child's brain and body develop well at this stage, their life chances can be improved.

The activities are all low-cost or no-cost, which means that parents and carers are able to provide these experiences without the need to spend money. Some activities are based in the home and others explore the outdoors, and parents and carers are encouraged to incorporate new experiences into daily activities.

What do the '50 Things' include?

There are a range of indoor and outdoor activities, which can be categorised under the following key themes (with examples provided):

Relationships and attachment

Getting to know your baby; Talking to your baby about your surroundings;

Creativity

Exploring new objects and creating a treasure basket; Arts and crafts; Sand play; Rhyme time and making music;

Educational

Sharing books; Show and tell; Making connections;

Learning about the world

Mini bug hunting; Exploring the cold and snow; Watching fireworks; Growing fruit and vegetables; Travelling on public transport.

The activities have been developed for children aged 0-5, and some specify a suggested age. Please bear in mind that this is a guide and children develop at different ages.

How to access '50 Things'?

The app is free to download on all smartphones and tablets via the relevant app store by searching '50 Things To Do'. Users will then be asked to choose a location, and will be able to select 'Leeds'.

In addition, the 50 Things are available via the [website](#). The website has information on the content, without the capability to record memories.

Schools and early years settings are also able to purchase a Schools and Settings Basic Pack which includes printed high-quality cards, posters, flyers, and a banner, in addition to a training session for a nominated practitioner and a training session for up to 25 parents and carers on downloading and navigating the app. For more information on purchasing this pack for a cost of £95, schools and early years settings should contact 50things@leeds.gov.uk.

Parents and carers can contact their local Children's Centre or library to enquire about the printed cards.

Key contacts for further information

If you want to make contact, email: 50things@leeds.gov.uk

And you can access the Leeds [50 Things to do Before You're Five](#) website here.