

100 Things To Do With Your Child As A Family

1. Discover your favourite story/stories
2. Go to the beach
3. Build a giant sandcastle
4. Smash ice with a stick outdoors
5. Find a stick and make it your own
6. Go on a treasure hunt
7. Dress up in adults shoes and wear make up you applied
8. Find a fairy door in your house or garden
9. Do the Hokey Cokey
10. Have a sponsored bounce on a trampoline or bouncy castle
11. Throw autumn leaves in the air
12. Crunch through autumn leaves
13. Grow a seed into a plant - sunflowers are great
14. Walk bare foot in mud/sand or even jelly!
15. Hunt for conkers
16. Take a selfie through a toilet roll tube & pretend you're the moon
17. Post a card to a family friend
18. Make bread from scratch
19. Jump in the waves
20. Fish with a fishing net

21. Stroke a rabbit
22. Hop around like a bunny
23. Dress as your favourite character (wear out to the supermarket)
24. Build an indoor den under a table or tip up the sofa
25. Fill water balloons and throw them
26. Dance in the rain without a coat
27. Catch rain drops on your tongue
28. Paint using only your hands or feet
29. Slide down a grassy hill on a tray
30. Roll down a grassy hill
31. Make mud pies
32. Eat an ice cream cone
33. Learn to roll like a pencil
34. Squirt shaving foam then rub your hands in it!
35. Make large bubbles with hoops
36. Blow bubbles on a windy day
37. Grow caterpillars into butterflies
38. Make a Vitamin C rocket
39. Have a picnic indoors and outdoors
40. Sit upstairs on a double decker bus

41. Go for a ride on a train - a steam train is even better
42. Visit old people & tell them a story or sing them a song
43. Chalk on the pavement
44. Learn to play hopscotch
45. Go rock pooling - catch a crab in a bucket
46. Feed the ducks
47. Learn a poem - the owl & pussy cat was my favourite!
48. Make perfume with flower petals and bottles
49. Eat at a restaurant - not a fast food one!
50. Bake fairy cakes and lick the bowl
51. Have a tea party for your toys
52. Sing out loud and dance as often as possible (especially in public)
53. Take part in a show
54. Learn to swim
55. Hold a sparkler and write your name in the air
56. Run so fast you think you can fly
57. Go to a pantomime
58. Roll boiled eggs down a hill
59. Bottle feed lambs
60. Play Pooh sticks on a bridge over a river

61. Make a scrap book of your favourite things/people
62. Play Jack in the Box, in a large cardboard box
63. Have a themed birthday party
64. Do one kind act for others each week for a whole year
65. Grow tomatoes and eat them
66. Stay up late to look at the stars with a night time picnic
67. Visit a 'pick your own' farm
68. Play apple bobbing
69. Toast marshmallows on a fire pit outdoors
70. Jump on your bed
71. Ride on carousel horse at the fair
72. Eat ice cream cornet from an ice cream van
73. Bash a piñata
74. Play party games like pass the parcel, musical chairs or musical statues
75. Slide down a garden water slide
76. Slide full body on a muddy field
77. Be a pirate for a day, build a ship, dig for treasure
78. Explore your garden looking for mini beasts
79. Make a sock puppet and do a show
80. Do a coin rubbing with paper and crayons

81. Make a rope swing in a tree with a tyre or large stick as the seat
82. Put on a cape (piece of material) pretend you're a superhero
83. Talk like a pirate for a day (if your voice will last!)
84. Learn to jump a rope - simple skipping
85. Bounce a bouncy ball as hard as you can!
86. Eat jelly and ice cream with a gigantic spoon
87. Have unlimited toppings on your ice cream... Your choice!
88. Ride a two wheel bike
89. Make friends with people who live in a different country
90. Enter a competition to win a prize
91. Join in a Guinness World Record attempt
92. Help wash a car with buckets and sponges
93. Learn ball/wall games to play on your own
94. Pretend to conduct your own orchestra
95. Hike up a mountain and admire the view
96. Use a magnifying glass
97. Visit a museum with dinosaur skeletons and fossils
98. Run in and out of a hose pipe spray
99. Go on an adventure to a zoo or farm
100. Roll around a large field and stop to smell the grass