



# 50

things to do

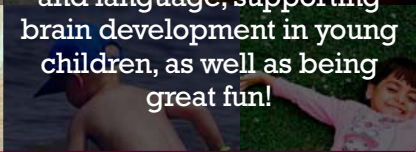
before you're  
**five**



**'50 Things to Do Before You're Five'** is a project developed by the team at **St Edmund's Nursery School** in Bradford in partnership with parents, which is full of ideas and activities for families with young children.

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It is a resource that offers experiences that build skills and language, supporting brain development in young children, as well as being great fun!



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What is '50 Things'  
[eastsussex.50thingstodo.org](http://eastsussex.50thingstodo.org)

GET INVOLVED



@east\_sussex\_parents



@50ThingsEastSussex

## What is '50 Things'...

'50 Things' is based on the simple idea that doing life-changing, fun, low-cost or no-cost activities with your family, and talking about them, is a great way to support the growth of your child's skills and confidence. Children with this great start in life not only enter primary school much more ready to learn, but are more likely to be successful in their GCSEs and later in life.

There's lots of evidence that shows the benefits of parents getting involved in their children's learning. Children's language development improves by having early conversations from birth, with grown-ups who are interested in and love them.

The '50 Things to Do Before You're Five' project offers a wide range of activities from outdoor discoveries in the woods, to exploring how sound changes in different places, to sharing stories and water play.

We are really excited to be able to bring this project to the children and families of East Sussex. Download the App and for more detailed information visit [eastsussex.50thingstodo.org](http://eastsussex.50thingstodo.org)



Follow '50 Things to Do Before You're Five' on Facebook and Instagram for updates, relevant news and information about any free events.

