

# **100 things to do before you grow up**

*“You are braver than you believe, stronger than you seem, and smarter than you think” – A.A. Milne*

*“Enjoy the little things, for one day you may look back and realise they were the big things” – Robert Brault*

**Life is full of adventures – big and small, and childhood is the perfect time to discover them.**

100 things to do before you grow up is a collection of exciting, enriching and memorable experiences for children and young people to enjoy with their parents and carers.

From exploring the wonders of nature, discovering new places, each activity is designed to spark curiosity, build confidence and create special memories.

**The world is waiting – lets go explore it!**

# Outdoor and Nature



1. Feed ducks at the local pond

2. Make a daisy chain

3. Try pond dipping with a net

4. Make and hang a bird feeder



5. Explore a rock pool and find tiny sea creatures

6. Learn to ride a bike or roller skate

7. Plant a tree or grow your own vegetables

8. Stay up past your bedtime to watch the stars

9. Go on a bug hunt



10. Watch a sunrise and sunset on the same day

11. See a caterpillar turn into a butterfly

12. Play in the rain and jump in the puddles

13. Watch the clouds and spot shapes

14. Try camping – even if it is in your garden!

15. Fly a kite on a windy day

16. Go sledging or make a snowman

17. Build an obstacle course in the garden

18. Hunt for four leaf clovers

19. Try geocaching (real-life treasure hunting)

20. Spot a rainbow or a double rainbow!



# Arts and Crafts



21. Create a chalk mural outside

22. Make friendships bracelets

23. Paint rocks and hide them for others to find

24. Create a collage from old magazines/newspapers

25. Sew or knit something for yourself

26. Learn simple calligraphy

27. Create your own comic strip

28. Make origami animals

29. Make something from LEGO with no instructions

30. Draw a self-portrait

31. Make a laser grid using wool/string

32. Host a paper aeroplane competition

33. Build a cardboard fort

34. Sculpt a balloon animal

35. Tie-dye a T-shirt

36. Invent your own secret code and write messages

37. Try making soap or bath bombs

38. Design your own board game

39. Complete a paint-by-numbers picture

40. Create a nature collage from leaves and flowers



# Calm and Kindness



41. Help a neighbour with a small task

42. Donate old toys or clothes

43. Make a get-well card for someone

44. Meditate for 5 minutes

45. Smile at everyone you pass for a day

46. Create a playlist of songs that make you happy

47. Give someone a handmade gift

48. Write a story for someone you care about

49. Make someone at home breakfast in bed

50. Have a go at some yoga

51. Read a story to someone younger than you

52. Keep a gratitude journal for a week

53. Volunteer for a local litter pick

54. Take part in a charity event

55. Compliment three people in one day

56. Write a letter to your future self

57. Make a "kindness jar" with encouraging notes

58. Invent a handshake with a friend

59. Give flowers to someone "just because"

60. Leave an uplifting note in a library book



# Fun and Adventure

61. Visit a museum you've never been to

62. Ride a rollercoaster

63. Go ice-skating

64. Visit a zoo or animal sanctuary

65. Go to the beach and paddle in the sea

66. See a play or a musical

67. Go to a festival or fair

68. Visit a farm and feed the animals

69. Go bowling

70. Visit an aquarium

71. Visit a historic site or castle

72. Go on a boat ride

73. Visit a science centre

74. Watch a film at the cinema

75. Have a "tourist" day in your own town

76. Visit a library and borrow a book

77. Take a train ride somewhere new

78. See fireworks in person

79. Visit a famous landmark

80. Go to a sunflower or pumpkin patch



# Tastes and Treats



81. Bake a cake and decorate it
82. Try food from a different country
83. Make your own pizza with creative toppings
84. Grow herbs and use them in cooking
85. Make a fruit salad with as many fruits as possible
86. Try baking bread
87. Have a themed dinner night
88. Invent a new snack and name it
89. Make and enjoy an afternoon tea
90. Enjoy a picnic with food you have made yourself
91. Decorate biscuits with icing and sprinkles
92. Create your own mocktail drink
93. Create a smoothie using your favourite flavours
94. Create your own ice lollies
95. Make chocolate dipped strawberries
96. Build a gingerbread house
97. Create animal faces on toast with fruit
98. Host a "coloured food tray" night
99. Make pancakes on pancake day
100. Try a recipe from a random cookbook page

