

# 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!

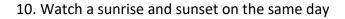
## **Outdoor and Nature**

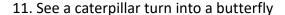


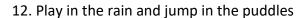
- 1. Feed ducks at the local pond
  - 2. Make a daisy chain
- 3. Try pond dipping with a net
- 4. Make and hang a bird feeder



- 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







13. Watch the clouds and spot shapes



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**



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**



42. Donate old toys or clothes



47. Give someone a handmade gift

49. Make someone at home breakfast in bed

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

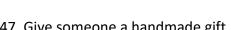
41. Help a neighbour with a small task

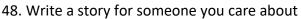
43. Make a get-well card for someone

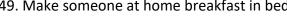
44. Meditate for 5 minutes

45. Smile at everyone you pass for a day

46. Create a playlist of songs that make you happy







50. Have a go at some yoga











### **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











