

Thirty Three Things a Child Should Do By The Age of Ten.

How many can you remember doing?



- Roll down a grassy bank
- Make a mud pie
- Prepare a modelling dough mixture
- Collect frogspawn
- Make perfume from flower petals
- Grow cress on a windowsill
- Make a papier mache mask
- Build a sandcastle
- Climb a tree

- Make a den in the garden
- Paint using hands and feet
- Organise a teddy bears' picnic
- Have a face painting session



- Plant an acorn
- Bake some bread
- Make snow angels
- Create a sculpture from junk
- Take part in a treasure hunt
- Camp out in the garden
- Bake a cake

- Feed a farm animal
- Pick some fruit
- Play "Pooh Sticks"
- Recognise 5 bird species
- Find some worms

- Cycle through a puddle
- Make and fly a kite

- Build a nest from grass and twigs
- Find 10 different leaves

Grow vegetables

- Make breakfast in bed for Mum or Dad
- Create a mini assault course in the garden
- Make a miniature world in a biscuit tin.



For more ideas see "Toxic Childhood" by Sue Palmer
ISBN 0-75287-359-8