

# 33 THINGS

# TO DO BEFORE



# you're 1

1. Watch birds fly across the sky
2. Lie on my Mum / Dad's tummy and look at the stars
3. Dangle my toes in the ocean
4. Feel sand and dirt
5. Lie on a picnic rug in your backyard
6. Listen to waves at a beach, hear the river run and point to the water
7. Listen to the wind blowing through the trees, feel the wind
8. Meet a dog, cat or other pets
9. Sit by a stream (or put my feet in running water)
10. Roll a ball to Mum / Dad / a friend / the dog
11. Smell a flower
12. Watch other kids run, jump and play in a park
13. Lie on your back on the grass and look up to the trees
14. Grab a stick
15. Roll over on a picnic rug in a park
16. Spot Mum or Dad walking toward me across the park
17. Cry when it is time to leave the park
18. Babble to my friends in the sand pit or other outdoor play area
19. Shake a seed pod
20. Watch Mum or Dad's face be amazed at nature
21. Sit on a picnic blanket in the park
22. Spot my reflection in a lake, river or creek
23. Begin to explore my backyard
24. Pass a feather, leaf, stick or rock from one hand to the other
25. Stand up against a tree
26. Feel scared of something outdoors
27. Point to the clouds
28. Crawl across a puddle
29. Wave goodbye to a bird
30. Throw a ball in my yard and chase it
31. Swing on a swing
32. Hold sticks in each hand and bang together
33. Say the word 'bird' or 'dog' or any other thing that is outdoors

