

# 30 DAY PLAY CHALLENGE

- 1 Pull as many silly faces as you can 
- 2 Try some pretend role play
- 3 Drum with pots and pans
- 4 Play hide and seek
- 5 Pair your socks together
- 6 Make some homemade play dough
- 7 Choose a sensory play activity
- 8 Make your own rainbow
- 9 Make a cosy den
- 10 Make a game for bath time
- 11 Play the traffic light game
- 12 Play with bubbles
- 13 Go on an outdoor adventure 
- 14 Make a tower with building blocks
- 15 Pretend to be different animals
- 16 Play "What's in the bag?"
- 17 Have a teddy bear's picnic
- 18 Have a dance party 
- 19 Play a game of I-Spy
- 20 Get creative with a box
- 21 Play a game of copycat
- 22 Try some clapping games
- 23 Play with sock puppets 
- 24 Play with a teddy bear
- 25 Make a homemade jigsaw
- 26 Make a DIY toy
- 27 Play "Ready... steady... go!" game
- 28 Play whilst cooking your tea
- 29 Play with paper
- 30 Make an obstacle course



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little one's development

