

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 		<p>Scan the QR code for more FREE play-based activities and information to support your little one's development</p>			

