

Choose one of these activities, take an action shot of you and your tot, then share it on PlayTalkRead's Facebook page or post it on Twitter using #30daysofplay to enter the prize draw.

1. **Feed the birds**
2. **Play Peek-A-Boo**
3. **Play in the park**
4. **Sing The Wheels on the Bus**
5. **Smile for a selfie**
6. **Do the actions to Incy Wincy Spider**
7. **Spot a plane in the sky**
8. **Have a singsong**
9. **Pop bubbles!**
10. **Have a laugh in the bath**
11. **Jump in a puddle**
12. **Make a handprint**
13. **Make a splash in the washing up bowl**
14. **Create a picture out of pasta shapes**
15. **Go for a treasure hunt outdoors**
16. **Play hide & seek**
17. **Pull silly faces in the mirror after brushing your teeth**
18. **Build a den from blankets and cushions**
19. **Get squishy with play dough**
20. **Help in the kitchen**
21. **Play dress up**
22. **See how fast you can put away your toys!**
23. **Make a music shaker from rice in a tub**
24. **Help water the plants**
25. **Visit your local library and enjoy free stories at a Bookbug Session**
26. **Help put the shopping away**
27. **Draw a picture of your favourite animal**
28. **Do The Hokey Cokey!**
29. **Spot and chase your own shadow**
30. **Build a tower out of empty boxes and packaging**

WIN a family photoshoot worth up to £1,000!*

