



10x10 Journey for 0-5's

What is 10x10?

10x10 is a new initiative to support every child in Hackney to achieve 10 amazing activities by the time they are 10 years old.



Engage in exercise – Encourage children to move enough to get out of breath by playing in your local park. Children should use slides and play equipment such as using climbing frames and swings. Motivate them to do star jumps, to run, hop, skip jump and to roll down hills.



Have a musical experience – Check out local venues for live music opportunities such as the BBC children's concerts at the Hackney Empire or the London Symphony Orchestra's under 5s shows at the Barbican. Contact your local Children's Centre or local library and join one of their many Music & Movement or Rhymes & Stories sessions. Visit local organisation 'London Rhymes' website and subscribe to their YouTube channel which is packed with songs and activities for you to enjoy at home with your little ones.



Learn to swim – Visit a swimming pool with your family and build water confidence by getting your feet wet and having fun. Visit the splash pad and toddler pools at Britannia Leisure Centre and Clissold Park or try the Splash pool in Victoria Park to get your child used to water. Swimbies lessons at the local Better pools are for both parents and young children aged 0-4 to build confidence together in the water.



Take part in drama/performing arts – Dress up and take part in role play and imaginative play by acting out your favourite story or film.



Visit seaside and countryside – Get the overground to Epping Forest, Hainault Forest or Hampstead Heath where children can explore large open green spaces and run, play and climb. Travel by train to visit the beach at Southend, Margate, Broadstairs, Clacton or Whitstable. See the 10x10 website for links to children's centres who take families to the seaside every year.



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Visit gallery, museum, theatre, heritage site - Walk or get the bus to some of the amazing free spaces suitable for under 5s on the doorstep including Hackney Museum, Museum of the Home, St Augustine's Tower, Young V&A and Tate Modern. Pay to visit Hoxton Hall, the Unicorn theatre and see the Tower of London or Buckingham Palace.



Take part in an overnight residential and camping - Build or make a den or tent in your home and pretend to be camping outside in an enchanted forest. Go and visit family and friends for an overnight stay.



Learn to ride a bike - Try riding a trike, a scooter and a balance bike. Join your local children's centre who can loan bikes out to families.



Take part in debating - Encourage your children to explain thoughts and ideas to help develop their decision making at story time. Try asking questions such as "Why did Goldilocks do the things she did?" Discuss making decisions like switching off the lights, listening well, making your points and explaining your reasons.



Use a library - Join the library, borrow books and toys. Take part in a Rhymes and Stories session. Libraries are free and there are seven in the borough.