

vroom

Winter

Whether it's mealtime, bathtime, or anytime in between, there are so many opportunities to turn shared, everyday moments into brain building moments. This PDF has a few brain building activities for children ages 0-5. You can print or cut them out, put them on your fridge, or carry them around—whatever helps to remind you that brain building moments are all around you in the things you already do.

You already have what it takes to be a brain builder! Whether it's mealtime, bathtime, or anytime in between, there are always ways to nurture our children's growing minds.



Colors We Like

Tell your child about the colors you like and why: "Yellow reminds me of a sunny day." "Red makes me think of my favorite flowers." Watch where they are looking and tell them about some of the colors they are looking at and what they make you think about.

Ages 0-2.5



Brainy Background

powered by Mind in the Making

When your child hears you connect colors to memories, they are learning more about you and how you see the world. You are not only helping your child learn to make connections, but also helping them begin to shape the story of who they are.

For more activities like these, check out the free Vroom app!

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"I Spy" Senses

For a twist on the classic "I Spy" game, when outside with your child, close your eyes and describe what your senses are telling you: "I hear something loud" or "I smell something sweet." See if they can guess what it is based on your words. Let them take a turn to spy with their senses.

Ages 2-5



Brainy Background

powered by Mind in the Making

Children use their senses to learn about the world around them. This game asks them to use touch and smell to pay close attention to details in their environment. This helps them make connections between words and experiences, and practice their communication skills.

For more activities like these, check out the free Vroom app!

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Seasonal Stroll

Walking somewhere today? Talk to your child about the seasons. Is it cold or warm? What clues do you see that tell you what season it is? Snow? Flowers? Colorful Leaves? Have them pick their favorite leaf or flower from your journey and take a picture of it.

Ages 3-5



Brainy Background

powered by Mind in the Making

Games like these help your child to think like a scientist because they are observing the world around them. Turn it into a conversation, building onto what they say and observe.

For more activities like these, check out the free Vroom app!

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Brain Building Basics

Science made simple!
Remember these 5 steps to
help build your child's brain.

1. Look



Even before babies can talk, they're showing you what they're interested in. Look into their eyes, or at what catches their eye, and begin brain building!

2. Follow



Powerful brain building moments are created when you let children lead the way, and you follow by responding to their words, sounds, actions, and ideas.

3. Chat



It may not seem like it, but the sounds and gestures young children make are their way of communicating with you! So talk out loud together and keep chatting as your children grow to engage them in learning about the world around them.

4. Take Turns



Back and forth interactions between you and your children are one of the most important ways to help their brains develop. So be sure to take turns while you're talking, playing, or exploring with your children.

5. Stretch



Make the moment last longer by building on what your child says, or asking follow-up questions that expand your child's thinking and learning. When you stretch the conversation with questions like, "What do you think about that?" or "How does that make you feel?" you're stretching the brain building moment too!