

Activities for supporting children's learning and development



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MONDAY

Would You Rather

TIP

Ask your child questions like, "Would you rather be a bird or a fish? Why?" Have them give you a few reasons from real-life experience like, "I love the water so I want to be a fish!" Then you take a turn answering their questions!

BRAINY BACKGROUND

Asking and answering questions helps develop reasoning skills—especially when you ask questions that go beyond simple yes or no answers.

TUESDAY

ABC Moves

TIP

Go through the ABCs with your child and make the shape of each letter with your bodies. How would you make the letter A? Make a triangle with your arms above your head and your legs standing wide. Can your child make the letter B with their body? Take turns making the other letters!

BRAINY BACKGROUND

This game uses focus, self-control, and memory. These skills help your child imagine the shapes of letters and then make them with their body. It also helps build their language and reading skills.

WEDNESDAY

Super Silly Handshake

TIP

Invent a super silly handshake for you and your child. Take turns adding a step (like shaking twice). Repeat it until you both have it down. Now change one of the steps. How do they respond? Go back and forth between the new and old way.

BRAINY BACKGROUND

Creating and learning a super silly handshake helps your child remember and do what is needed to achieve a goal. This is a big step in learning self-control.

THURSDAY

Turn Tower

TIP

Take turns stacking things with your child to build a tower. Say, "My turn," as you stack one and then, "Your turn," as they do. Eventually, stop using words. Do they keep taking turns? Try to playfully break the rules and take two turns. What do they do?

BRAINY BACKGROUND

You're showing your child the importance of working together as you build, while also asking them to focus to make sure the tower stays up. They're also using their memory to keep track of whose turn it is, without your words to guide them.

FRIDAY

Spot the Color

TIP

Ask your child, "What color is your shirt today (or pants or dress)?" Then ask, "What other things are that color?" Add your ideas, too, and make it a back and forth game. See how many things you can think of.

BRAINY BACKGROUND

Playing the "Spot the Color" doesn't just teach your child colors. You're also giving them the chance to practice focusing on an idea and a task with another person. The ability to focus is very important in life and in school.