

Activities for supporting children's learning and development



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MONDAY

Finger Telescope

TIP

Make a telescope with your hands. Circle your fingers and hold them to your eye and look at your child telling them, "I see you!" Show them how to make their own finger telescope. Take turns looking through the finger telescope and sharing what you see.

BRAINY BACKGROUND

This simple game is not only fun, it gives your child the chance to pay attention to their surroundings and think flexibly as they see familiar people and things in a new way. Being flexible is a big part of problem-solving and making the most out of life.

TUESDAY

Sock Puppets

TIP

Sorting the laundry? Encourage your child to help you find all of the socks and make a pile of them. Pick a sock and pretend it is a puppet looking for its matching friend. Celebrate when you find a match. Then let them take a turn as the puppet.

BRAINY BACKGROUND

Not only is this activity fun, but your child makes connections as they group the socks and look for the matching pairs. They must use focus and self-control to remember the details of the matching sock. When they pretend, they're thinking creatively.

WEDNESDAY

Shelf Help

TIP

Ask your child to help you in the kitchen. Let them organize a shelf and find their own way to group things. If they need help, it's OK to suggest things like "boxes here and cans there." Or they could put crunchy food like cereal and crackers together. You can even give them a towel to wipe out the shelves to help you get started. Most children love to do grown-up things like this!

BRAINY BACKGROUND

Your child is building their brain when they organize and put things in groups. These skills will help them with math, reading, and science later in life. When they take on grown-up jobs, it can help them see things from different points of view.

THURSDAY

Nature Patterns

TIP

Have your child collect items like rocks and leaves. Arrange them in a pattern such as one rock, two leaves, one rock, two leaves. Then mix them up and ask your child to recreate your pattern. Can they remember the order? Have them take a turn making a simple pattern for you to remember.

BRAINY BACKGROUND

Finding and repeating patterns builds focus and memory. It is a great way to make connections and solve problems. These are all important skills for learning. Playing with patterns also builds math skills like comparing sizes, numbers, and shapes.

FRIDAY

Treasure Box

TIP

Give your child a small box and tell them it's a "Treasure Box," made to keep very special things. With their help write their name on top of the box. Talk back and forth about things they might keep inside. Store it in a place they can reach so they can use it.

BRAINY BACKGROUND

Your back-and-forth conversation about treasures gives your child the chance to express their ideas and build their vocabulary. With conversations like these, you're helping them become a better communicator.