

# Brain Building Activities

For parents and their children

ages 4–5

## Playtime Picks

Pick a color or letter with your child and, together, go on a scavenger hunt to find as many things as you can in three minutes. How many things in the house are blue? Count out loud together as you find each item. You can also play with letters. How many things do you see that start with T?



### Brainy Background

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“I Spy” games like this one are great brain builders. They make your child aware of his/her environment and teach him/her to make connections between similar things. You can try this game with letters, colors, shapes—anything really!



## Thankful Tidbits

At bedtime, take turns with your child listing off things you're thankful for. Here's an easy one to start with: “I'm thankful for you!” Then, help your child think of something he/she is thankful to have in his/her life. See how many times you can go back and forth.



### Brainy Background

powered by Mind in the Making

Every back and forth conversation builds your child's brain. After he/she says something, repeat it back in complete sentences. And did you know that paying attention to what's positive in your life has been shown to lead to more happiness and satisfaction? For both of you!

## Daily Do-Over

Bedtime is a great time to look back on all the fun you and your child packed into the day. So tonight, ask your child what his/her favorite parts of his/her day were—like stepping in a puddle or popping bubbles at bath time. Then share yours with your child—he/she will love hearing about your day!



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By reflecting on your day together, you are helping your child build his/her vocabulary and memory skills. And by sharing an event from your day you are giving your child a peek into the world of adults.

## Tiny Tent

Grab a blanket to make a tiny tent at bedtime. Pretend to be camping outside with your child. Say: Shh... what do you hear? See? Smell? What do you think is happening outside our tent? Afterwards, snap a picture of your child at your campsite! Share it with others!



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Pretending is very important to learning—it helps your child to imagine, be creative and take the perspective of others. And it's fun!