

# Vroom Activities



Whether it's mealtime, bathtime, or anytime in between, there are so many great ways to help build your child's brain. This PDF has a few brain building activities for ages 0-5. Print them out, put them on your fridge, cut the cards out, and put them in your purse—whatever helps to remind you that these great moments are all around you in the things you already do.

If you have a friend, family, or community member that might like a few "brain builders," please share this with them too!



## Bye-Bye Baby

Is it hard for your child to say goodbye? Work together to come up with a special routine like each time you drop your child off at school or leave for work, give him/her a kiss, a hug, or a high five. Encourage him/her to say goodbye in his/her own way. Before you know it, your child will be starting the goodbye routine!

Ages 1-3

 [joinvroom.org](http://joinvroom.org) 



## Brainy Background powered by Mind in the Making

Tuning in to your child's feelings and responding to them helps him/her learn to understand and express his/her emotions. When you support your child in coming up with ways to manage those feelings, you are helping him/her use self-control in a difficult situation. This ability is essential for learning, social interactions and problem solving.

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



## Choose A Chore

Give your child the opportunity to help you with daily chores. Invite him/her to choose something to do, like use the broom or help put away dishes. Talk about what you both are doing, like, "I am washing the dishes. What are you doing?" Ask your child for ideas about what he/she would like to clean next.

Ages 2-5

 [joinvroom.org](http://joinvroom.org) 



## Brainy Background powered by Mind in the Making

When you involve your child in family tasks and ask for his/her opinion, you support his/her feelings of independence and help him/her practice using self control to do things he/she might not want to do and take on challenges. Talking back and forth builds his/her communication skills too.

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## Do It Yourself Dress Up

Ask your child to make choices about what he/she wants to wear. Give options like, "Do you want to wear the white socks or the black socks?" and go with his/her choice. Be silly and ask, "Will you wear them on your head? No! Where do they go?" Encourage your child to try getting dressed on his/her own and praise how hard he/she is working.

Ages 1.5-3

 [joinvroom.org](http://joinvroom.org) 



## Brainy Background powered by Mind in the Making

Your child learns strategies for things that are challenging when you encourage him/her to make choices. Asking questions and taking his/her answers seriously develops his/her ability to relate to others. Your child is also using critical thinking skills when he/she decides where clothes go on his/her body.

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## Little Shopper

When buying groceries, hunt with your child for the things on your list. Ask him/her to find the item you're both looking for. Maybe he/she can take it off of the shelf or put it in the cart. Your child could have his/her own bag or help you pay the cashier.

Ages 2-5



## Brainy Background powered by Mind in the Making

Working together to complete a task gives your child an important lesson in teamwork. It's essential part of understanding others, while also strengthening the bond you have. When you give your child doable responsibilities, he/she feels confident and will be more likely to take on challenges.

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## New Timers

When you're at a playground, help your child do things he/she hasn't done before. Try out the swings or the slide, or even feel the different textures on the ground. As long as he/she is safe, let him/her try new playground experiences, with a helping hand if he/she needs it. How does he/she respond? Celebrate what he/she says and does!

Ages 1-3



## Brainy Background powered by Mind in the Making

Giving your child the chance to do things by him/herself helps him/her feel confident and able to take on challenges. When you join in your child's experiences, respond to his/her efforts and encourage him/her to build on his/her ideas, you are building a strong foundation for lifelong learning.

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## Preschool Chef

Invite your child to help you cook. Take turns pouring milk into batter, tearing lettuce for salad or cutting a banana with a butter knife. Guide your child by commenting on what he/she is doing and responding to his/her words and actions. Try not to jump in to help, but encourage him/her to try on his/her own first.

Ages 2-5



## Brainy Background powered by Mind in the Making

When you praise your child's efforts ("You poured all the milk into the bowl!"), instead of praising talent or personality ("Good job!"), you encourage him/her to take on new challenges on his/her own and try something he/she thinks may be hard to do. Taking turns is a great way to practice self control and working together.

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## Waiting Strategies

Waiting can be hard. Help your child come up with strategies for waiting. Say something like, “Think of as many things that are red as you can,” or “How many words can you come up with that start with the letter ‘G’?” Take turns coming up with ideas.

Ages 3-5



## Brainy Background

powered by Mind in the Making

When you help your child learn to manage his/her feelings on his/her own, you support his/her ability to problem solve and control his/her behavior according to the situation. Taking turns is essential for interacting with and learning from others in school and in life.

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