

# Building Brains through

Enrich your child's learning through everyday moments with **Science, Technology, Engineering, Arts, and Mathematics**. Have fun with STEAM using brain-building tips from Vroom®! It's free and requires no toys or materials to be purchased – just you and your child.



## SCIENCE

### Hills and Rolling 3-5 YEARS

Do you have anything at home to build a little hill, such as a piece of cardboard leaning against a chair? Find things to roll down the hill, like pens or pencils. Ask your child to predict which things will go fast or slow. Then try it! What do they notice? What other things can they find to roll?

#### Brainy Background™

Your child is thinking like a scientist as they explore and comes up with their own ideas about how things work and why. You're also encouraging them to try out different ideas to get more information. This kind of problem solving is an important life skill.

## TECHNOLOGY

### Ball Patterns 18-30 MONTHS

Does your child like to play with balls? Create ball patterns. Roll the ball back and forth, then kick it, then throw it. If there are three people, create a three-way pattern—your child throws to you, then you throw to the other person, who throws back to them.

#### Brainy Background™

The brain seeks patterns as a way of making sense of the world. By playing ball patterns, you're helping your child improve their awareness of sequences, remember the rules, follow them, and then respond when the rules change.

## ENGINEERING

### Cup Tower 2-5 YEARS

You don't need much to build fun things around the house. Grab a few plastic cups and stack them into a tower and then show your child how fun it is to knock them all down. Hand the cups over and let them have a go. Take turns building all kinds of new towers!

#### Brainy Background™

Supporting children as they explore and discover will help them become learners for life. This game also helps them learn how the physical world around them works. Chat back-and-forth about their discoveries!

## ARTS

### Dance Moves 3-5 YEARS

Playtime can become a dance party. Turn on some music, sing, or hum, and start doing a silly dance: shake a leg, wiggle your hips. Can your child copy your moves? Next song, it's their turn to lead. Go back and forth until you're danced out!

#### Brainy Background™

Dancing games can be great brain builders! This one teaches your child to pay attention to sounds and rhythm and to copy your moves. They also get to be the leader and that's a good feeling.

## MATHEMATICS

### Stair Count 5-24 MONTHS

When your child is learning to walk up and down stairs, hold their hand, and count each step you take. This helps them become familiar with their numbers and it's fun!

#### Brainy Background™

Making connections between numbers and what they stand for (such as the steps your child climbs or the fingers on their hands), helps your child see that numbers aren't just words they memorize. They actually stand for quantities of things. This is the first step in learning math.

For more information on brain building tips to make the most of everyday moments with your child please visit:

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