

# EXPLORING THE WORLD THROUGH

# OUTDOOR PLAY

Enjoy brain-building adventures with your child through outdoor play.

Tip

3-4  
YEARS

## Still as a Statue

Ask your child to pretend to be a statue and freeze in a pose, like standing on one foot. Try to have them hold this pose as long as possible while you do everything you can to make them laugh and move. Then you can take a turn as the statue and see if they can make you laugh and move!

### Brainy Background™

This game is all about focus and self-control. Your child is concentrating to stay in the statue pose, and learning to tune out distractions so they can achieve a goal. This kind of playful learning helps them develop skills for life.



Visit [WeAreBrainBuilders.org](https://www.WeAreBrainBuilders.org) for more information on brain-building resources to make the most of everyday moments with children.

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Tip

3-5  
YEARS

## Park Playlist

When you get to the park, make a list with your child of a few things they want to do: swing, slide, climb the jungle gym, and so on. Before you go home, pause to talk about these experiences and check those items off the list.

### Brainy Background™

Thinking ahead about what they want to do, then talking about what they did helps your child practice planning and remembering. When you make a list and cross things off together, they also learn that written words represent real-world activities.



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