



# EXPLORING THE WORLD THROUGH TRAVEL



No matter the mode of transportation, turn your next journey with your child into a brain –building adventure.

Tip

3-5  
YEARS

## One-Minute Vacation

Invite your child to close their eyes with you and imagine they're in a place that they love or want to visit. Encourage them to take the time to imagine what it would look like, sound like, feel like, and smell like. After, share with each other how it felt to go on vacation.

### Brainy Background™

By going on a One-Minute Vacation, your child is practicing listening and thinking creatively. This is a good technique to use if your child is upset too. You can encourage them to think about a happy or peaceful place before figuring out how to deal with the challenge they're facing.



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

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Tip

18-36  
MONTHS

## Travel Talk

When you're on the bus or in the car, chat with your child about what's outside. Ask them, "What do you see out there?" Repeat what they say to you, adding new words in full, but simple sentences. If your child says, "Truck," you might say, "That's a huge truck filled with new cars."

### Brainy Background™

You're helping your child learn new vocabulary words and building their confidence as a communicator. Talking with others is one of the most powerful ways there is to share and learn.



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