

A Celebration of Brain-Building Activities that Honor **Cultures and Traditions**

Food

Tip

Recipe Read

Encourage your child to be a part of meal preparations by reading out the ingredients of what you're making. Show them the different items and let them touch, smell, or even taste what you're using, asking, "Do you feel the soft flour?" Continue the conversation.

Brainy Background™

When talking back and forth about recipes and ingredients with your child, you're showing them the importance of reading in everyday life and exposing them to new words. You're also helping them take in information through their senses, the main way young children learn.

1-3
YEARS



Music & Dance

1-2
YEARS

Tip

Mirror Dance

Put on a song both of you like and watch your child move. As they dance, copy what they're doing. When they stop, you dance around and let them watch you. See if you can create a back and forth dance, taking turns copying each other.

Brainy Background™

As your child copies your dance, they're paying attention to your movements, using their short-term memory, and controlling their actions—all important for learning focus and self-control.



Reading & Storytelling

Tip

Child Author

Start telling a story with your child: “Once upon a time there was a beautiful person who lived in a castle.” Ask them, “What do you think this person did today?” They might say, “She played!” You continue, “What did she play with?” Keep the story going based on their responses.

Brainy Background™

Telling ongoing stories with children can become a loving tradition that they will remember and cherish all of their lives. It's skill building too. This is a great way to use imagination and build their memory and vocabulary.

2½-5
YEARS



Visit **WeAreBrainBuilders.org** for more information
on brain-building resources to make the most of
everyday moments with children.