

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

Food

Tip

 3 1/2-5
YEARS

Your Child's Menu

Take turns talking about what is for dinner tonight. Invite your child to help you “write” or draw each food on a paper titled “(your child’s name) Menu.” Explain, “A menu tells people what they could eat.” Later point out the name of each food as you serve it.

Brainy Background™

Your child’s Menu will help them see the connection among letters, sounds of a word, and actual foods. “Writing” (letters or scribbles that look like letters) and “reading” with you is a big step toward one day writing and reading on their own.



Music & Dance

Tip

 0-5
YEARS

Find That Song

Play ABC songs, counting songs, nursery rhymes, nightly songs, and other favorites with your child. Songs are a great way for children to learn.

Brainy Background™

There’s a reason that singing to children has been essential throughout history. Your child learns language and concepts particularly well through singing because music stretches out the sounds, making it easier for them to detect words and their meaning.





Reading & Storytelling

Tip

1 1/2-2
YEARS

Missing Word

Does your child have a favorite story you tell them or song that you sing? When they do, play Missing Word. Tell the story or sing the song and leave out one of the words like, “Row, row, row your ____?” Can they fill in the missing word?

Brainy Background™

Missing Word helps your child pay attention to what you're saying and it builds their vocabulary and working memory. You can make the game more complex by leaving out a word in the middle of the sentence or song, not just the last word.

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