

Grocery Store Adventures

Fun Brain Building Activities™ for Young Children

You are your child's #1 brain-builder! Did you know that the brain develops the most rapidly in the first five years of life? You can support this growth by spending quality time with your child and participating in fun activities that help their brain develop. Try counting, identifying colors, grouping items into categories, and naming fruits and vegetables while you shop. Explore these Vroom Tips™ below during your next shopping trip!



3-5
YEARS

Bigger or Smaller

When you're out and about, be on the look out for Bigger and Smaller! If you're in the produce aisle of the grocery store, point out two fruits or vegetables. Invite your child to compare them. Which is bigger and which is smaller? Is one heavier? What other differences do they notice? Talk together about what they've discovered. Then, try some other pairs!

Brainy Background™

This game encourages your child to think like a scientist. They're making guesses about how things compare with each other. They also get the chance to explain what they've learned to you in their own words. This is building communication skills too!



0-2
YEARS

Cart Vision

As you shop, think about what your child might be seeing and discuss it with them while paying attention to sights, sounds, and smells. "Do you hear someone talking? It's the lady over there." "What do you smell? It smells yummy." "See that red thing? It's an apple we're going to buy."

Brainy Background™

Talking to your child about what they see, hear, and smell—even before they can talk much—is how they learn to make sense of the world. It is how they learn words and what they mean. By describing their "Cart Vision," you're also helping them feel important and understood.

2-5
YEARS

Grocery Mission

When you go to the grocery store, invite your child to take on fun missions. Ask them to take a picture of something starting with a certain letter. Or, clap their hands when they see a color. Get creative! What other missions can you think of together?

Brainy Background™

Grocery Missions help your child learn to have fun while skill-building. This game is great practice for paying attention and remembering what to do. Completing the mission feels good! Plus, it helps them learn about achieving goals.

4-5
YEARS

Cart Manager

While grocery shopping, ask your child if they can manage the cart by sorting your shopping into vegetables, fruits, frozen foods, or by color. Can they find a way to keep the boxes lined up so they don't topple over?

Brainy Background™

When your child sorts food and manages space, they're using math concepts. Sorting is important for learning math.



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Grocery Store Scavenger Hunt

TIC-TAC-TOE




Find three items in a row to win!



 flowers	 can	Pink
 box	Purple	 frozen
blue	 bag	 jar

 chips	 crackers	 yogurt
 bananas	 orange	 beans
 pickles	 soup	 water

 popcorn	 cereal	 pasta
 round and red	 pretzels	 juice
 green vegetable	 rice	 milk

 bumpy	 smooth	 fruit
 vegetable	 bread	 cheese
 circle	 square	 triangle

