

EXPLORING THE WORLD THROUGH BRAIN BUILDING ADVENTURES



NATURE

Tip

2½-5
YEARS

Rainbow Walk

On your next stroll, team up with your child to find all the colors of the rainbow. Have them point to something in nature and name the color—then you take a turn. The grass is green. Leaves are red. The sun is yellow. What else?

Brainy Background™

Thinking about what objects have characteristics in common (whether it's colors, shapes, or size) sparks connections in your child's growing brain.



TRAVEL

Tip

3-5
YEARS

Once Upon a Time

On a long ride, make up funny stories with your child. You start it off with something like, “Once upon a time there was a teeny, tiny wiggly ant...” Then let them tell you what happens next. Take turns adding to the story and see how far their imagination can go.

Brainy Background™

As you go back and forth inventing a story, the interesting, new, and fun words you use invite your child to add to their growing vocabulary. This is an important part of communicating with others.



OUTDOOR PLAY

Tip

2-3
YEARS

New to You

When they are playing, help your child do things they haven't done before. Try out the swings or the slide at a playground, or even feel the different textures on the ground. As long as they're safe, let them try new things, with a helping hand if they need it. How do they respond? Celebrate what they say and do!

Brainy Background™

Giving your child the chance to do safe things by themselves helps them feel confident and to learn to take on challenges.