



Vroom Gets Us Moving...

Weather Report:

At bedtime, talk to your child about the weather today and how it felt. Were you outside or inside? Were you hot or cold? Stretch the game by pretending and acting out what it feels like outside. If they are old enough, ask them to act out how they felt too.

What your child is learning:

Your child loves hearing your voice. Talking about everyday things like the weather helps them learn new words and learn about the world around them.

Super Silly Handshake:

Invent a super silly handshake for you and your child. Take turns adding a step (like shaking twice). Repeat it until you both have it down. Now change one of the steps. How do they respond? Go back and forth between the new and old way.

What your child is learning: Creating and learning a super silly handshake helps your child remember and do what is needed to achieve a goal. This is a big step in learning self-control.

Moving Creatures:


Think of an animal or bird your child knows about and ask them, "How does it move?" Invite them to imitate it, like a dog running, a bug creeping, a bird flapping, or a squirrel scampering. When you have played this for a while, have them imitate something and see if you can guess what it is.

What your child is learning: Your child has to pay careful attention to how animals or birds move in order to imitate them. In doing this activity, children are focusing, using their working memories to recall the movements, and using self-control in managing their behavior—skills that are important in learning and in life.

Snack Sorters: Give your child three different snacks. Talk about what's the same and what's different. Ask them if they can group one type of snack together (like all the fruit). Then ask if they can find another way to sort the snacks, like by size, shape, or color.

What your child is learning:

Making connections is an essential skill for learning. When your child groups things, they're learning things like size, color, and shape. They're also learning to think flexibly by seeing how things can go together in different ways.



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