



# Sharing with Vroom...

**Memory Book:** Special moments happen all the time. Trips to a new park, visits with family, or birthdays are a few examples. Stretch those moments! Ask your child to help you make a memory book using photos or drawings. Then write down the words they use to describe what's happening in the pictures.

**What your child is learning:** Writing down your child's words connects real life, pictures, and language. They're using thinking skills to remember details of that special moment. By connecting words and memories, you're building language skills too.

**Feelings on Display:** Invite your child to act out their feelings with their face and body. Say something like, "Show me how you feel when you eat a delicious apple," or "What does your face look like when you're excited to go outside?" Share your own faces and poses to show them how you feel.

**What your child is learning:** Learning how feelings are expressed on our faces and bodies helps your child better understand themselves. It also helps them understand the behavior of others and that they might have different thoughts and feelings from their own, which is important in getting along well with others.

**Sock Puppets:** Sorting the laundry? Encourage your child to help you find all of the socks and make a pile of them. Pick a sock and pretend it is a puppet looking for its matching friend. Celebrate when you find a match. Then let them take a turn as the puppet.

**What your child is learning:** Not only is this activity fun, but your child makes connections as they group the socks and look for the matching pairs. They must use focus and self-control to remember the details of the matching sock. When they pretend, they're thinking creatively.

**Mealtime Check-in:** When eating together, invite your child to think about their day by asking, "What was the best part of your day?" Have each person at the table answer. Then ask, "What was the worst part of your day?" Go around the table again. Share your day with them and encourage them to ask others.

**What your child is learning:** When your child hears about your day, they begin to learn how to understand another person's point of view. This is an important skill for life. They're also practicing the back-and-forth of conversation and thinking about their own day. This builds family connections and makes mealtime fun.



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