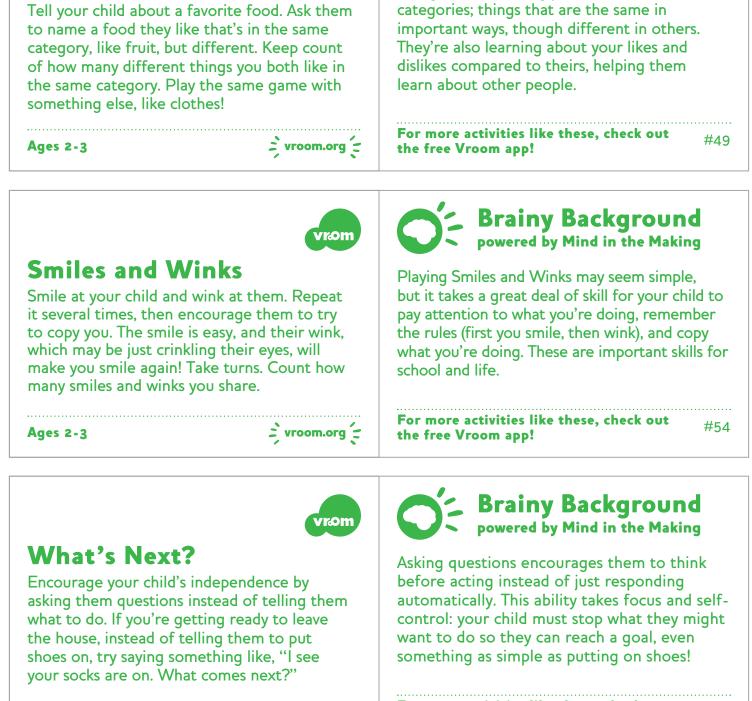


Whether it's mealtime, bathtime, or anytime in between, there are so many ways to help build your child's brain. This PDF has a few brain building activities for children ages 2-3. You can print or cut them out, put them on your fridge, or carry them around—whatever helps to remind you that brain building moments are all around you in the things you already do.



Category Convos

Ages 2-3

For more activities like these, check out #147 the free Vroom app!

Brainy Background

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This game is teaching your child about

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Ages 2-3

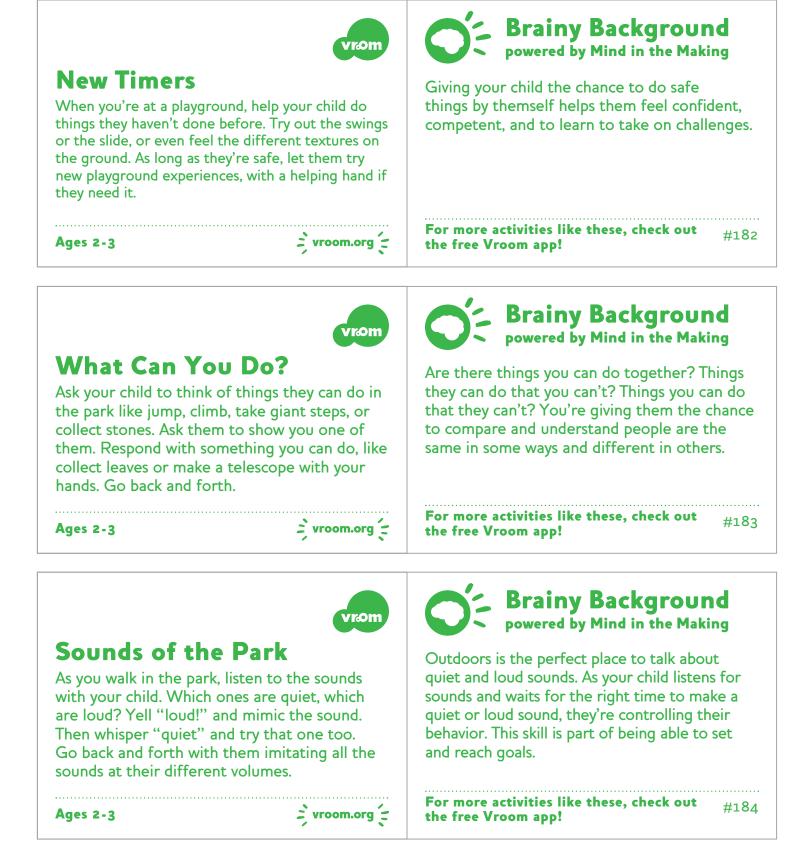
grab the flowers on you and enjoy the joke.

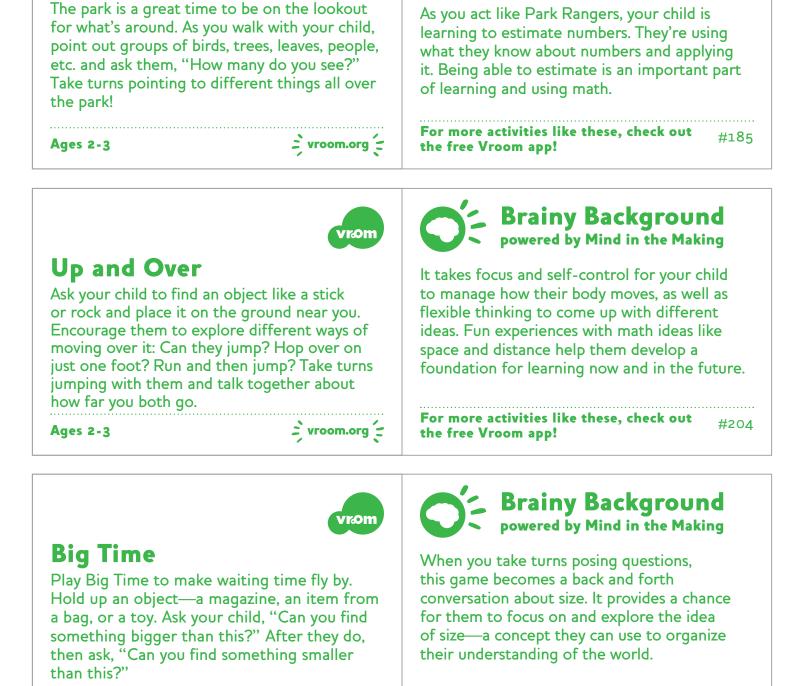
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For more activities like these, check out #165 the free Vroom app!

Brainy Background

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Ages 2-3

Park Ranger

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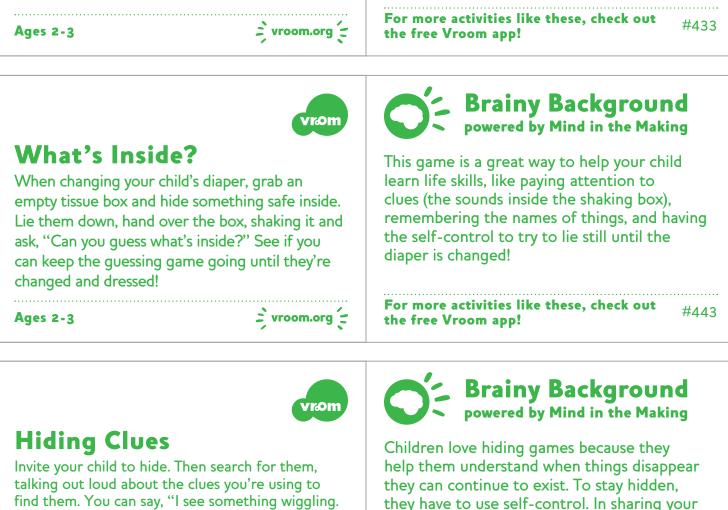
For more activities like these, check out #270 the free Vroom app!

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	Vrom	Brainy Background powered by Mind in the Making	
Shopping List Scribble Writing a shopping list? Talk with your child about what you need. Read outloud what you write down: "Milk, eggs, cereal." Invite them to "write" or draw on the list too and to tell you what they're thinking about when they make those marks on the paper.		Your child is learning that the marks you both make on paper have meaning. Understanding that one thing stands for another is an important thinking skill in learning to write, read, and communicate.	
Ages 2-3) vroom.org (For more activities like these, check out #272 the free Vroom app!	
	Vrom	Brainy Background powered by Mind in the Making	
Toothy Twosome When brushing your teeth, have your partner. Let them brush the first, then give them your toothe can help brush yours. Ask, "Can y brush my teeth? Can you brush to front, and then the ones on the	eir own teeth orush so they you help me the ones in the	Sharing a moment and taking turns is one of the most important ways you can promote your child's learning today and in the future.	
turns! Ages 2-3) vroom.org	For more activities like these, check out #357 the free Vroom app!	
	Vrom	Brainy Background powered by Mind in the Making	
What Do You Feel Put some safe items your child le egg carton, plastic bottle, or sma a bag just for them. They can pla bag. When they reach in, ask, "V feel? Is it an egg carton or a bot	oves—like an all box—into ay with the full Vhat do you	Who needs expensive toys when learning possibilities are limitless from everyday objects! This activity promotes the skills of paying attention and making connections between what your child remembers by sight and feels by touch.	
Ages 2-3) vroom.org	For more activities like these, check out #404 the free Vroom app!	



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Brainy Background

It's hard work to put together the signals that

your body is telling you ("I have to go potty")

with the actions of sitting in the right place,

the potty, and going. When you praise your

child's effort, "You did it!", they'll be more

clues for finding your child, you're helping

them learn problem-solving skills too.

For more activities like these, check out

the free Vroom app!

willing to take on the challenge.

powered by Mind in the Making

talking out loud about the clues you're using to find them. You can say, "I see something wiggling. I wonder if they're near that chair." If they giggle, say, "I hear a laughing noise near the door." Now you hide and they make up the clues to find you!

Ages 2-3

Proud Potty

matter-of-fact about accidents.

Potty training can be really tough. Try celebrating your

child's successful potty trips. Tell them about what they

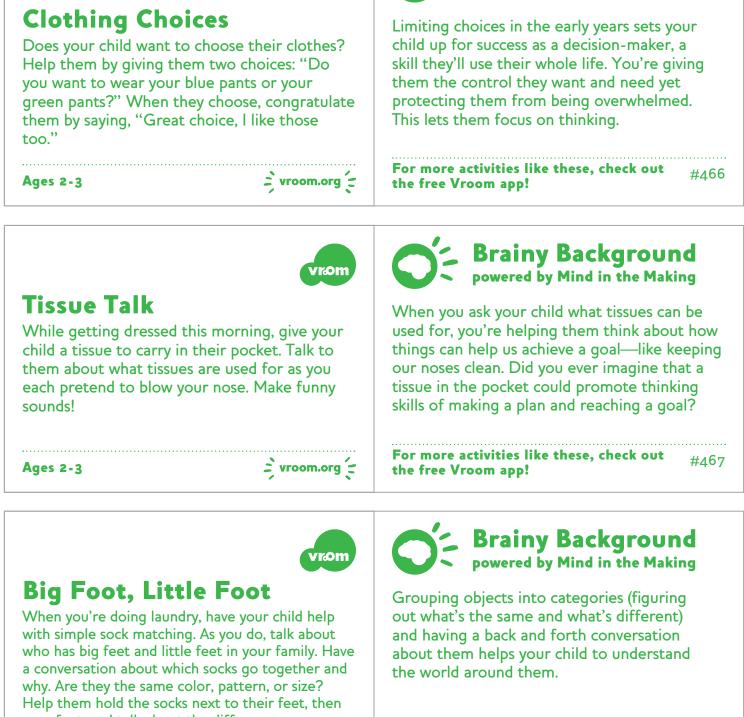
did in a proud tone: "You went to the bathroom in the

potty." Invite them to tell you what they did too. Be

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#1016



your feet, and talk about the differences.

Ages 2-3

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For more activities like these, check out #489 the free Vroom app!

Brainy Background

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I Can Help While you're doing laundry, ask yo help. Invite them to sort clothes in dark and light colors.		It may take longer, but when you let your child help, they learn about how to hold an idea in their mind and get it done. These thinking skills are needed to make plans and see them through—skills they will need the rest of their life.	
Ages 2-3) vroom.org	For more activities like these, check out #495 the free Vroom app!	
Sock Puppets	vrom	Brainy Background powered by Mind in the Making	
Sorting the laundry? Encourage y help you find all of the socks and of them. Pick a sock and pretend looking for its matching friend. C when you and your child find a m them take a turn as the puppet.	make a pile it is a puppet elebrate	Not only is this activity fun, but your child makes connections as they group the socks and looks 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.	
Ages 2-3) vroom.org	For more activities like these, check out #506 the free Vroom app!	
	Vrom	Brainy Background powered by Mind in the Making	
Pick the Cup As you both have something to de turns talking about how your cup same and different. Is one bigger What colors are they? What is in the liquid warm or cold?	rink, take s are the ? Smaller?	Exploring a cup might sound silly, but when you explore and talk about the everyday things that are around you in a back and forth way, you're fueling your child's curiosity they will need to be a lifelong learner. For them, the ordinary is extraordinary.	
		For more estivities like these sheet out	

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For more activities like these, check out #542 the free Vroom app!

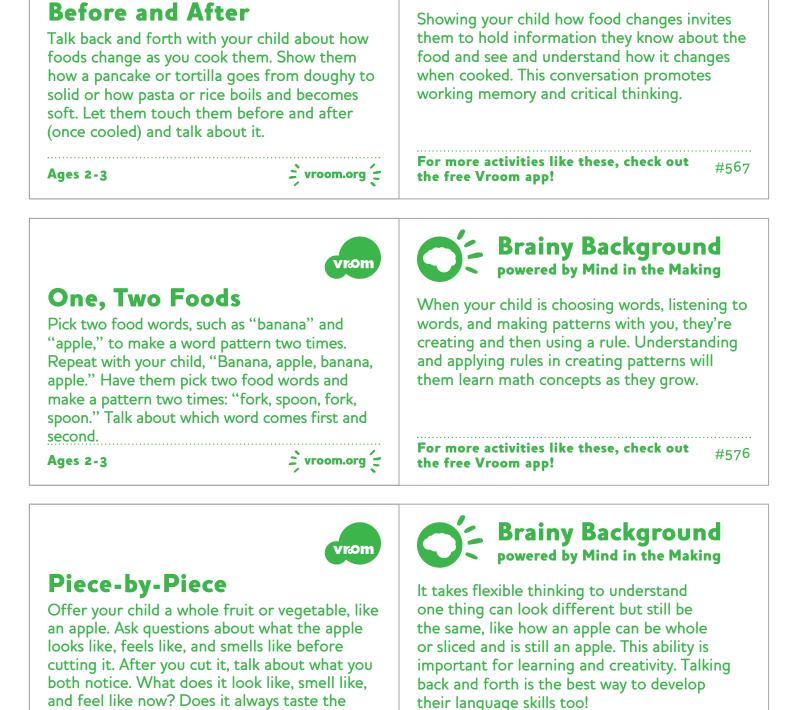
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Brainy Background

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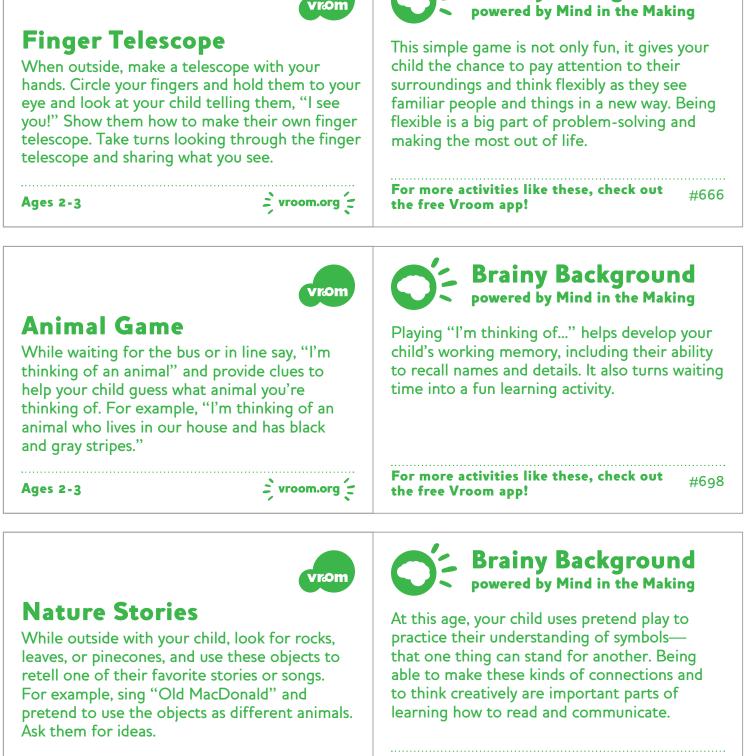
For more activities like these, check out #610 the free Vroom app!

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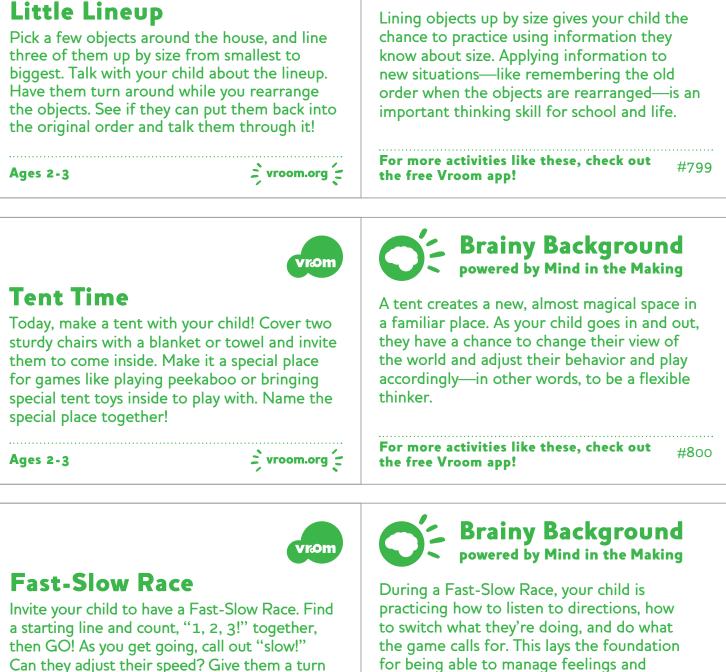


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For more activities like these, check out #703 the free Vroom app!

Brainy Background

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Can they adjust their speed? Give them a turn calling out "fast" or "slow." How fast can you go? How slow?

Ages 2-3

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For more activities like these, check out #819 the free Vroom app!

actions, now and in the future.

Brainy Background

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Mail Time

Talk to your child about getting mail and what it means. Then write them a note or give them a piece of junk mail or store flyer and say, "Mail Delivery!" After they "open" it, take turns talking about the letters, pictures, colors, and designs.

Ages 2-3

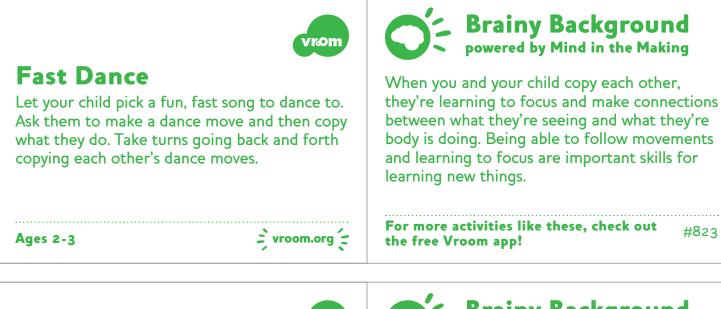




Brainy Background powered by Mind in the Making

This game sets the stage for a back and forth conversation. As you talk about mail, your child's vocabulary grows. As you point at the letters, they begin to understand that the lines on paper stand for sounds, words, and objects. This is a big step in becoming a reader.

For more activities like these, check out #820 the free Vroom app!



Hand Games

Make up the hand actions to your favorite nursery rhymes (like "Hickory Dickory Dock" or "Itsy Bitsy Spider"). Face your child and hold their hands so they mirror you, for example, have the mouse run up the clock. Vary the pitch of your voice from high to low.



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Brainy Background

Nursery rhymes are great for promoting literacy and the mirrored actions teach left to right tracking, another pre-reading skill. The vocal play will engage your child and make the interaction more interesting and fun.

For more activities like these, check out #844 the free Vroom app!

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Be a Fixer

Pretend to fix things with your child. With a plastic spoon, pretend to fix a hinge on a kitchen cabinet. "I'm fixing this broken hinge on the cabinet door. Now it's your turn to Be a Fixer." When they have had a turn, hold out your hand. "My turn." Keep taking turns, smiling while you work.

Ages 2-3

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Pretending is an important way that children make sense of their experience—that broken things need fixing. And, when children pretend, they learn that one thing (a plastic spoon) can "stand for" something else (a tool to fix a broken hinge). That is the basis of understanding symbols, which is important to literacy and math.

For more activities like these, check out #846 the free Vroom app!

Brainy Background

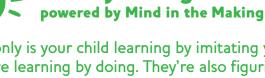


Sweep Together

Include your child in everyday chores. "It's time to sweep! Can you hold the dustpan for me?" Let them dump the dirt into the trash. Don't be surprised when they ask you to hold the dustpan for them. Go back and forth. Taking turns is how they learn best and makes them feel included

Ages 2-3

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Not only is your child learning by imitating you, they're learning by doing. They're also figuring out how things work—that things get dirty and need to be cleaned up. More importantly, they're learning to be helpful and considerate.

For more activities like these, check out #847 the free Vroom app!



Can You Find It?

Use your cell phone to take pictures of things in your room like a chair, a table, or the refrigerator. Ask your child to look at your cell phone picture and say, "Can you find it in the room?" As they get good at this, you can make it a little harder.



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Brainy Background powered by Mind in the Making

This game helps your child make connections between pictures (symbols) and real objects. This skill is a basic for reading (where written marks stand for words) and math (where numbers stand for quantities of things), and is essential in learning.

For more activities like these, check out #886 the free Vroom app!