

# Vroom Tips™



These print-at-home tip sheets include a mix of Vroom Brain Building Activities™ for children ages 0-5. Share them, put them up on your fridge, or carry them around—whatever helps remind you that brain-building moments are all around you.

## Brain Building Basics™

We've made the science of early learning simple! Remember these 5 actions to help build your child's brain anytime. They're color coded for easy finding.

### Look

Children use their eyes to learn. See what catches your child's attention and talk about it. Or connect eye-to-eye, then smile, chat, hug, or make funny faces!

### Follow

Young children learn best when you follow their lead. Tune into your child's words, sounds, movements and ideas! Then respond with your own words and actions.

### Chat

Children's brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what's around you, or string sounds together for a fun conversation!

### Stretch

Children's brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how or why!

### Take Turns

Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!

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## Tummy Textures

Laundry day can be a great time for brain-building! Give your child some tummy time on different fabrics, like a sweater or a fluffy towel. Describe the textures to them like, "Do you feel the scratchy sweater?" Watch how they react to the way it feels and talk with them about it. Children learn through their senses.

Suggested Age

0 - 9 months

## Brainy Background



Touching different textures is a great way for your child to explore the world. And talking together helps them understand more of the world around us. It also connects sensations, words, and what they mean.

#511

Learn more at [vroom.org](https://vroom.org)

## Space Explorer

Show your child the world from different points of view. When they're in your arms, crouch down low or gently lift them up in the air. Describe what you're doing and respond to their reactions. "You're as high as the light! Look what you can see up here!"

Suggested Age

0 - 12 months

## Brainy Background



Moving your child around and talking about what you're doing helps them learn about important things like shape and space. Children learn these ideas through back and forth conversations, where you follow their lead and respond to their reactions.

#122

Learn more at [vroom.org](https://vroom.org)

## Roly Poly

After changing your child's diaper, roll their body from side to side on the changing surface. Stop and ask them, "Do you want more?" See how they respond. You can nod your head, saying, "You said yes, you want more!" or you can shake your head, saying, "You said no, you're all done."

Suggested Age

0 - 12 months

## Brainy Background



This everyday moment is a great opportunity to help your child practice their communication skills as they listen and respond to you. They're also learning important words and gestures from you they will use when they start to talk.

#446

Learn more at [vroom.org](https://vroom.org)

## At Arm's Reach

Encourage your child to move and stretch. Put them on their tummy on a blanket on the floor and place a soft, safe object in front of them saying, "Here's your soft bear!" Put it down just out of their reach. Talk about their efforts: "You're working so hard to reach your toy!"

Suggested Age

0 - 12 months

## Brainy Background



Your child is more likely to keep trying when focused on a clear goal they care about. By encouraging them to try, even when things are hard, you're preparing them to take on challenges in life.

#887

Learn more at [vroom.org](https://vroom.org)

## Bouncing Baby

Does your baby love to bounce when you hold them on your lap? Bounce them up and down. Try going fast and slow as well as stopping and starting. How do they respond? Follow their lead and respond to their sounds and movements. Continue doing what they like best.

Suggested Age

0 - 12 months

## Brainy Background



Giving your baby experiences with different ways of moving helps them learn how their body works and will help develop self-control in the future. By following their lead—watching if they smile or turn away—you're helping them learn to communicate with you.

#993

Learn more at [vroom.org](https://vroom.org)

## Dance Party

Your child may not be walking or talking yet, but with your help they can definitely boogie. So turn on some music and hold them as you dance around. When you sit down together, shake your arms to the music and see if they can do the same!

Suggested Age

0 - 12 months

## Brainy Background



Paying attention to sounds and movements is an early step in listening for sounds—a reading skill.

#14

Learn more at [vroom.org](https://vroom.org)

## Stop and Start the Music

Set your radio to a music station and have your child turn it off and on. Every time they turn it on, start to dance—or move around—and say “on.” When they turn it off, stop moving and say “off.” Soon they will probably say “off” and “on” with you.

Suggested Age

12 months - 2 years

## Brainy Background



Learning new words and concepts (like “off” and “on”) is much easier at this age if your child can make something happen (like turning music off and on.) This helps add context to what these new words mean.

#66

Learn more at [vroom.org](https://vroom.org)

## Mirror Dance

Put on a song both of you like and watch your child move. As they dance, copy what they’re doing. When they stop, you dance around and let them watch you. See if you can create a back and forth dance, taking turns copying each other.

Suggested Age

12 months - 2 years

## Brainy Background



As your child copies your dance, they’re paying attention to your movements, using their short-term memory, and controlling their actions—all important for learning focus and self-control.

#822

Learn more at [vroom.org](https://vroom.org)

## Stair Count

When your child is learning to walk up and down stairs, hold their hand, and count each step you take. This helps them become familiar with their numbers and it’s fun!

Suggested Age

15 months - 2 years

## Brainy Background



Making connections between numbers and what they stand for (such as the steps your child climbs or the fingers on their hands), helps your child see that numbers aren’t just words they memorize. They actually stand for quantities of things. This is the first step in learning math.

#51

Learn more at [vroom.org](https://vroom.org)

## Big Hug, Little Hug

When it's time for a hug, ask your child if they want a big hug or a little hug and then do what they ask. Then you take a turn and say whether you want a big or little hug. You can add other words, like a wiggly hug or a quiet hug.

Suggested Age

12 months - 2 years

## Brainy Background



The sense of touch is calming and comforting to your child. These hugs not only make your relationship stronger, they also allow you to share new words and concepts with them, like big and little.

#143

Learn more at [vroom.org](https://vroom.org)

## Good Morning, Good Night

Is your child beginning to pretend? Then you can play the "Good Morning, Good Night" game! When you say, "Good night," they can pretend to sleep by lying down and closing their eyes, and when you say, "Good morning," they can get up and dance!

Suggested Age

12 months - 2 years

## Brainy Background



Pretend play helps your child make sense of their world. This game is a good way to help them understand more about going to sleep and getting up. It also encourages them to pay attention, follow the rules of the game, and control their behavior.

#942

Learn more at [vroom.org](https://vroom.org)

## Reach for the Sky

Make your waiting time fun! Ask your child, "Can you do this?" and hold your hands up very high and say, "Reach for the Sky!" Invite them to copy you. Next, put your hands behind your back and see if they copy you. Then take a turn and copy them.

Suggested Age

18 months - 2 years

## Brainy Background



When your child tries to copy your movements, they're using focus and attention. You're sharing new words and helping them make connections between words and what they represent. These are the building blocks of learning how to talk and read.

#239

Learn more at [vroom.org](https://vroom.org)

## 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!

Suggested Age

2 years - 3 years

## Brainy Background



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

#182

Learn more at [vroom.org](https://vroom.org)

## Up and Over

Ask your child to find an object like a stick or rock and place it on the ground near you. Encourage them to explore different ways of moving over it: Can they jump? Hop over on just one foot? Run and then jump? Take turns jumping with them and talk together about how far you both go.

Suggested Age

2 years - 3 years

## Brainy Background



It takes focus and self-control for your child to manage how their body moves, as well as flexible thinking to come up with different ideas. Fun experiences with math ideas like space and distance help them develop a foundation for learning now and in the future.

#204

Learn more at [vroom.org](https://vroom.org)

## Fast-Slow Race

Invite your child to have a "Fast-Slow Race." Find a starting line and count out loud together, "one, two, three!", then go! As you get going, call out "slow!" Can they adjust their speed? Give them a turn calling out "fast" or "slow." How fast can you go? How slow?

Suggested Age

2 years - 3 years

## Brainy Background



During a "Fast-Slow Race," your child is practicing listening to directions and responding as the game changes. These skills will help them manage feelings and actions, now and in the future.

#819

Learn more at [vroom.org](https://vroom.org)

## Fast Dance

Let your child pick a fun, fast song to dance to. Ask them to make a dance move and then copy what they do. Take turns going back and forth copying each other's dance moves.

Suggested Age

2 years - 3 years

## Brainy Background



When you and your child copy each other, they're learning to focus and connect what they're seeing and what they're doing. Following along and learning to focus are important skills for learning new things.

#823

Learn more at [vroom.org](https://vroom.org)

## Hand Games

Use hand actions for your favorite rhyme or song, or make up your own. Face your child and hold their hands so they mirror you. Vary your tone of voice from high to low and use a big, expressive way of speaking or singing.

Suggested Age

2 years - 3 years

## Brainy Background



Rhymes and songs are great for early reading skills. Plus, the mirrored actions teach left to right tracking, also an important part of reading. This kind of speaking is extra engaging for your child. It can add brain-building to any chat in an interesting and fun way!

#844

Learn more at [vroom.org](https://vroom.org)

## Imaginary Flower

Does your child like to pretend? Tell them there is an imaginary flower growing on their nose. Describe what it looks like. Then pretend to grab it! Now say there is a flower on their ear and grab it too. Have them describe and grab the flowers on you and enjoy the joke.

Suggested Age

2 years - 3 years

## Brainy Background



Although pretending is lots of fun, it also teaches your child that one thing can stand for something else. These symbols are the basis of reading and writing, with words standing for objects and ideas. This game also develops children's creative thinking.

#165

Learn more at [vroom.org](https://vroom.org)

## Still as a Statue

Ask your child to pretend to be a statue and freeze in a pose, like standing on one foot. Try to have them hold this pose as long as possible while you do everything you can to make them laugh and move. Then you can take a turn as the statue and see if they can make you laugh and move!

Suggested Age

3 years - 4 years

## Brainy Background



This game is all about focus and self-control. Your child is concentrating to stay in the statue pose, and learning to tune out distractions so they can achieve a goal. This kind of playful learning helps them develop skills for life.

#198

Learn more at [vroom.org](https://vroom.org)

## Follow Me

Ask your child, "Can you do what I do?" Walk forward or backward, bend down, or reach up high. Talk with them about what you're doing like, "Touch your toes and touch the sky!" Then give them a turn to lead. Change the game and see if they can do the opposite of what you do.

Suggested Age

3 years - 4 years

## Brainy Background



When your child follows your actions, they learn ideas like up and down by doing them with their body. When you change the game, you challenge them to use self-control to stay focused and not go on autopilot. These are important skills for learning now and in the future.

#715

Learn more at [vroom.org](https://vroom.org)

## Near and Far

When you're outside, try playing this game with your child. Give them a place to stand and have them estimate how many steps they are from you. When they walk back, count their steps together aloud. Try all different distances!

Suggested Age

4 years - 5 years

## Brainy Background



Young children can tell there is a difference between large and small quantities! By doing fun, back-and-forth games like this, you're building on this skill and helping them understand more about what numbers stand for.

#630

Learn more at [vroom.org](https://vroom.org)

## Follow the Leader

Walking somewhere? Turn your trip into “Follow the Leader.” Ask your child, “Can you do what I do?” while you pat your head. Then switch it up. If you pat your head, have them pat their stomach. Keep switching!

Suggested Age

4 years - 5 years

## Brainy Background



The game of same and opposite actions helps your child remember, think flexibly, and not go on autopilot. This helps them learn to pay attention and exercise self-control—essential skills for school and life success.

#639

Learn more at [vroom.org](https://vroom.org)

## Dance Duet

Let your child pick a fun, fast song to dance to. Take turns making up dance moves. They can start, then you copy them. Keep going back and forth as you both repeat the moves and add new one. Before you know it you will have a whole dance routine!

Suggested Age

4 years - 5 years

## Brainy Background



When you and your child build on each other’s patterns, they’re using their memory and focus to remember the moves. They are also thinking flexibly to make up their own moves. These skills are important for creativity and learning.

#824

Learn more at [vroom.org](https://vroom.org)

## Slow Motion

Challenge your child to move as slowly as possible to get somewhere, like to a nearby tree. How slowly can you both move? Try different ways to move, like by hopping or jumping.

Suggested Age

3 years - 5 years

## Brainy Background



This game helps your child think before they act. By moving slowly instead of quickly, they’re practicing focus, self-control, and flexible thinking. These important skills are critical in life and learning.

#200

Learn more at [vroom.org](https://vroom.org)

## Throwing Near and Far

Does your child love to throw things? Set up an experiment together. Get different safe things for them to throw, like a scarf, rolled up socks, a paper cup, etc. Which one can they throw the farthest? Talk about what they notice.

Suggested Age

3 years - 5 years

## Brainy Background



When you help your child set up an experiment like this, you're helping them to learn how to think like a scientist. This means thinking critically to test out ideas, seeing what happens, and then using what they have learned to find out even more.

#943

Learn more at [vroom.org](https://vroom.org)

## Make and Play

As your child plays, encourage them to find something to climb over or crawl under. What about something they can roll on the ground, bang like a drum, or balance? This game is fun inside or outside. Talk with them about it. What was the same and what was different?

Suggested Age

3 years - 5 years

## Brainy Background



It takes flexible thinking and creativity to find different ways to use familiar objects. Your child is also practicing focus and self-control as they crawl, climb, and balance. They can even learn some new words and concepts as they explore.

#978

Learn more at [vroom.org](https://vroom.org)

## Keep It Up

With your child, place something round—like a ball or stone—in a big spoon. Can they walk across the room holding the spoon without dropping the object? Talk back and forth about how they keep the ball from falling. Come up with new ways of moving, like on tiptoes. See what happens.

Suggested Age

3 years - 5 years

## Brainy Background



Your child is learning the scientific concept of balance when playing this game. They're also strengthening their skills for focus and self-control to manage how their body moves to keep the ball balanced on the spoon.

#1014

Learn more at [vroom.org](https://vroom.org)

## Follow the Bouncing Ball

Ask your child to play a game of pretend catch. Imagine you're holding a ball and throw it to them. Encourage them to throw it back to you. Try making the ball bigger or smaller. Talk with them about what you're doing: "I'm going to throw it fast! Get ready!"

Suggested Age

4 years - 5 years

## Brainy Background



As you and your child pretend to throw a ball back and forth, you're sharing the give-and-take of communication. They're also practicing seeing through another person's eyes, as they imagine the size and speed of the ball—an ability that is essential in relationships.

#873

Learn more at [vroom.org](https://vroom.org)

## Here to There

Ask your child to create a path to get from one side of a room to the other without touching the ground. Use pillows, newspaper, or whatever is handy. Make it harder by seeing how far or fast they can go. Or limit what they can use to make the path to make it more interesting. Don't forget to take turns!

Suggested Age

4 years - 5 years

## Brainy Background



Your child is making a plan and testing it out. They'll need to think flexibly to come up with different solutions to solve this problem. This is a great activity to do with friends too. It helps them practice solving problems with others.

#910

Learn more at [vroom.org](https://vroom.org)

## ABC Moves

Go through the ABCs with your child and make the shape of each letter with your bodies. How would you make the letter A? Make a triangle with your arms above your head and your legs standing wide. Can your child make the letter B with their body? Take turns making the other letters!

Suggested Age

4 years - 5 years

## Brainy Background



This game uses focus, self-control, and memory. These skills help your child imagine the shapes of letters and then make them with their body. It also helps build their language and reading skills.

#1006

Learn more at [vroom.org](https://vroom.org)