



Thankful Tidbits

At bedtime, take turns with your child listing things you're thankful for. Here's an easy one to start with, "I'm thankful for you!" Then, help them think of something they're thankful to have in their life. See how many times you can go back and forth.

Ages 4-5



Brainy Background powered by Mind in the Making

Every back and forth conversation builds your child's brain. After they say something, repeat it back in complete sentences. And did you know that paying attention to what's positive in your life has been shown to lead to more happiness and satisfaction? For both of you!

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

#305



Daily Do-Over

Bedtime is a great time to look back on all the fun you and your child packed into the day. So tonight, ask them what their favorite parts of their day were—like stepping in a puddle or popping bubbles at bathtime. Then share yours with them—they will love hearing about your day!

Ages 4-5



Brainy Background powered by Mind in the Making

By reflecting on your day together, you're helping your child build their vocabulary and their memory skills. And by sharing an event from your day you're giving them a peek into the world of adults.

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

#306



Tiny Tent

Grab a blanket to make a tiny tent at bedtime. Pretend to be camping outside with your child. Say: "Shh ... what do you hear? See? Smell? What do you think is happening outside our tent?" Afterward, snap a pic of them at your campsite!

Ages 4-5



Brainy Background powered by Mind in the Making

Pretending is very important to learning—it helps your child to imagine, be creative, and take the perspective of others. And it's fun!

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

#307



Bath Bottle

Give your child a clean plastic bottle to play with in the tub. How many different things can they do with it? Push it under the water? Fill it with water? Float it like a boat? As they try something new ask them, “What do you think will happen?”

Ages 4-5



Brainy Background

powered by Mind in the Making

Your child likes to make things happen. And it's even more fun when you watch and share their pleasure by having them guess what will happen as they discover more about their world and their impact on how things work. When they play this way, they're thinking like a scientist.

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

#354



Name That Clothing

Try getting dressed a new way this morning! Lay your child's clothes out, but instead of asking them to find their pants, ask them, “Can you find the clothes you wear on your legs? On your feet?” Keep playing until they're dressed.

Ages 4-5



Brainy Background

powered by Mind in the Making

This new way of dressing gives your child practice using information they're holding in their mind—what scientists call their “working memory.” Using information you know in different ways helps lead to success in school and success in life!

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

#461



Sock Sorters

When you're doing laundry, have your child help you match socks. Ask them to help you match by size. Then change the rules and ask your child to match by color. Have a back and forth conversation about what you're doing.

Ages 4-5



Brainy Background

powered by Mind in the Making

Grouping objects into categories helps your child understand the world around them. When you ask them to change the rules of a game (from colors to size), you're helping them think flexibly and not go on autopilot.

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

#490



Kitchen Music

When you're cooking, let your child create an instrument using a plastic container with measuring spoons or keys inside. Clap a certain rhythm and ask them to try and copy your beat with their homemade instrument. Then have them take a turn at leading, and you follow their beat.

Ages 4-5



Brainy Background powered by Mind in the Making

Going back and forth in a game like this helps your child pay attention and remember the pattern of noises. It's a great brain builder!

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

#531



Salty-Sweet Showcase

When you're in the kitchen, let your child try a few grains of salt and then a few of sugar. Ask how they taste. Which do they like better? What foods taste like they might have salt in them and what foods taste like they have sugar in them?

Ages 4-5



Brainy Background powered by Mind in the Making

Firsthand experiences like these help your child think like a scientist and use their senses to understand the world around them. Having back and forth conversations about these discoveries together makes the experience richer.

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

#532



Playtime Picks

Pick a color or letter with your child and, together, go on a scavenger hunt to find as many things as you can in three minutes. How many things in the house are blue? Count out loud together as you find each item. You can also play with letters: How many things do you see that start with T?

Ages 4-5



Brainy Background powered by Mind in the Making

"I Spy" games like this one are great brain builders. They make your child aware of their environment and teach them to make connections between similar things. You can try this game with letters, colors, shapes—anything really!

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

#783