

Tips for Creative Expression Skills

Suggested Ages 3 - 5



Vroom Tips make any moment
a Brain Building Moment™!

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Up, Down, Quiet, Loud

Ask your child to choose a song to sing. When you put your hand up, they should get louder. When you put it down, they should get softer. Go up and down at different speeds. Then ask them to do the opposite and get loud when your hand goes down and soft when it goes up. Take turns. You sing and they give hand signals!

Tip # 914

Brainy Background

This game asks your child to pay close attention to your actions, remember the rules of the game, and use their self-control to follow them. You encourage them to think flexibly and not respond automatically when you ask them to do the opposite.

Suggested Age 3—5 years

Role Play

Ask your child who they would like to pretend to be—perhaps someone they know, or a character from a book or TV show. Then, invite them to look around the house for a costume and other things they can use for pretending. Ask them questions like, “Where are you going now?”

Tip # 960

Brainy Background

When you build on what your child is interested in and encourage them to use what they already know to create new ideas, you support their knowledge, creativity, and imagination. Pretending also helps children better understand their experiences.

Suggested Age 2—4 years

Silly Charades

Play a game where you pretend to be an animal, object, or someone you both know. See if your child can guess who or what you are. Clues like sound effects or movements are helpful. When your child guesses, have them take a turn and you guess. Enjoy!

Tip # 826

Brainy Background

Pretending is fun! It not only helps you see someone else's point of view, it also builds communication skills. Guessing is great too. In this game your child is learning to pay attention to figure out the clues. This game also makes us think back and use what we already know in a new way!

Suggested Age 4—5 years

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Vroom Tip Collection

by *The Children's Cabinet*



Fake Fishing

During bathtime, cast an imaginary fishing rod and pretend to catch a fish. Have your child tell you what they think this imaginary fish looks like (how big, what color). Then have them catch one, and you describe the pretend fish they caught.

Tip # 349

Brainy Background

Pretending is very important to learning. It helps your child to understand symbols and think imaginatively.

Suggested Age 3—5 years

Pretend With Me

Find clothes at home your child can use for pretend play. They might put on a baseball hat and pretend to be playing a sport, an apron to be a cook, or dress up like their favorite character from a book or TV show. Build on their play and ask questions like, "What will you do next?"

Tip # 940

Brainy Background

When your child tries on different clothing, they're also trying on what it is like to be someone else, which will help them understand the perspective of others. Pretend play is also a chance to practice focus, self-control, and memory as they keep the play going.

Suggested Age 2—5 years

Homemade Creations

Collect materials you might throw away or recycle with your child, like paper towel rolls, boxes, and milk cartons. Encourage them to imagine what they might build with them, like a house or a car. They can then use their creation when they pretend.

Tip # 896

Brainy Background

When your child uses familiar items in new and interesting ways, they're thinking flexibly and creatively. In order to realize their ideas, they must use problem-solving skills and critical thinking, which are abilities they will need in school and in life.

Suggested Age 2.5—4 years

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