

Tips for Physical Development and Health

Suggested Ages 3 - 5



Vroom Tips make any moment
a Brain Building Moment™!

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Vroom Tip Collection

by *The Children's Cabinet*



Over, Under, Through

Invite your child to explore different ways to move over, under, and through. Outside, they can jump over a rock, walk under a tree, and run through the grass. Inside, they can go over a pillow, crawl under a table, and skip through a doorway. How many ways can they go over, under, and through?

Tip # 982

Brainy Background

Your child is learning how to focus and use self-control by playing games where they listen and follow directions, instead of doing what they might want to do—an important skill in learning. They're also learning to think flexibly as they come up with ideas for new ways to move.

Suggested Age 2.5—4 years

Balancing Feat

Take turns with your child standing on one foot and then the other, trying to balance. You can say, "Your turn," and "My turn." See if you can do it with your eyes closed. What else can you do?

Tip # 869

Brainy Background

You and your child are having a conversation with actions as you take turns standing on one foot, then the other. When they practice doing this, they're learning about balance—what it takes to stay steady and not fall down.

Suggested Age 3—4 years

Dance Moves

Turn your living room into an "Animal Adventure." Make an animal noise. Can your child guess the name of the animal? Can they copy the sound back? Now it's their turn to make a sound for you to guess. See how many times you can go back and forth: "Woofff! Hissssss! Rooarr!"

Tip # 784

Brainy Background

Back-and-forth conversations, whether they're with words, sounds or faces, help your child learn to pay attention, listen carefully, and follow the rules rather than go on autopilot.

Suggested Age 2—4 years

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Wacky Walk

Going on a walk doesn't have to be ordinary! Take a Wacky Walk with your child outside or around the house. Every five steps, take turns changing the way you walk. Try hopping, walking sideways, or jumping. Switch it up so if they hop, you walk sideways!

Tip # 643

Brainy Background

A Wacky Walk is a fun way to give your child a chance to practice paying attention and to exercise self-control, skills they need to do well in school and life. When you change the way you're walking, you're promoting this skill even more.

Suggested Age 3—5 years

Finger Fitness

Help your child explore how things open and close. Offer them a shirt with buttons, let them practice putting shoelaces in and out, Velcro on and off, or zipper up and down. Talk about what they're doing: "You pulled the zipper all the way up to the top!"

Tip # 481

Brainy Background

You're helping your child learn important concepts like "up," "down," "in," "out," "on," and "off" by letting them experience these with their hands. When you encourage them to try even hard things, they're learning to take on challenges in life.

Suggested Age 2—4 years

Bath Buddies

Just because you're giving your child a bath, doesn't mean you have to do all the work. Invite them to help. "Can you rinse your right leg? Wash off your thumb? Wipe your elbow?" Not only will they have fun learning the names of parts of their body, but they will be clean too!

Tip # 352

Brainy Background

Narrating everyday activities helps build children's vocabulary, communication skills, and their brains!

Suggested Age 2—5 years

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