## **Become a Brain Builder**

## You have what it takes!



## **Brainy Background**

This game is all about focus and selfcontrol. 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 your child develop skills for life.

## 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 your child can make you laugh and move!

Children's brains form rapidly during the first five years of life. During this time, you can help strengthen brain development by connecting and engaging with children in everyday moments. When you share positive interactions with young children you are helping lay a strong foundation for lifelong learning. With simple activities like these options from Vroom, you can turn routine activities into brain building ones!





