

Brain Building Activities™ for Mealtime

Sharing a meal with a child is a great way to connect. With simple activities like the ones below, you can turn breaks between bites into Brain Building Moments™! Learn more at vroom.org.

The Love List

Ages 3-5

At dinner tonight, invite your child to take turns with you finishing the sentence "I love _____!" You can name anything. For example, a person, place, food, color, book, or even a song. End with a big "and I love you!"

Brainy Background™

Sharing what you love helps your child learn that people can have different thoughts and feelings. Another person might love something that they don't and that's okay. Learning to understand the feelings and emotions of others is an important skill. It helps your child learn how to get along with others.

Wrapper Race

Ages 3-5

At a restaurant? Show your child how to blow through the straw and move the paper wrapper across the table. Then give them a turn. Can you both make up a funny story about the wrapper that is trying to run away?

Brainy Background™

In order to blow into the straw and make the paper move across the table, your child must focus on what they're doing and use self-control. Telling a story to go along with their actions, promotes creative thinking and is fun too!



TIC TAC TOE

For a fun twist on the game, mark your spot with your favorite shape instead of using X and O!

