

The first five years of life are when a child's brain grows the fastest.

With simple activities like this one, you can make every moment with your child a brain building moment.



WHAT'S THE FEELING?

Make a face that expresses an emotion and ask your child to guess what you're feeling—for example, angry, sad, tired, excited, or scared. Then invite them to express a feeling on their face and you guess what the feeling is. Have fun going back and forth.



Brainy Background

Your child will learn to understand and manage emotions better when you talk about the name of the feeling. Give this activity more depth by talking about a time when each of you experienced this feeling.

For daily brain building tips,
download the **FREE** Daily Vroom app at talkreadplaywi.com.

