



You already have what it takes to be a brain builder!

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## Brainy Background

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### One Letter at a Time

Is your child curious about spelling familiar words, like their name? Take turns going back and forth spelling a simple word like "cat": you say c, they say a, you say t. Make it even harder and challenge them to try and spell the word backward with you!

Ages 4-5



Playing with letters and sounds encourages your child to use what they already know to make connections between letters and sounds. Spelling backward helps them to think flexibly and not just go on autopilot. Spelling games like this one also help prepare them for later reading and writing.

For more activities like these, check out the free Vroom app! #146

Visit [vroom.org](http://vroom.org) to learn more about how to make any moment a brain building moment.

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