

# Focus and Self Control Vroom Tip™ Collection

## BOUNCING BABY (0-12 MONTHS)

Vroom Tip: Does your baby love to bounce when you hold them on your lap? Bounce them up and down. Try going fast and slow as well as stopping and starting. How do they respond? Follow their lead and respond to their sounds and movements. Continue doing what they like best.

Brainy Background: Giving your baby experiences with different ways of moving helps them learn how their body works and will help develop self-control in the future. By following their lead—watching if they smile or turn away—you're helping them learn to communicate with you.

## MIRROR DANCE (12 MONTHS – 2 YEARS)

Vroom Tip: Put on a song both of you like and watch your child move. As they dance, copy what they're doing. When they stop, you dance around and let them watch you. See if you can create a back-and-forth dance, taking turns copying each other.

Brainy Background: As your child copies your dance, they're paying attention to your movements, using their short-term memory, and controlling their actions—all important for learning focus and self-control.

## UP AND OVER (2 – 3 YEARS)

Vroom Tip: Ask your child to find an object like a stick or rock and place it on the ground near you. Encourage them to explore different ways of moving over it: Can they jump? Hop over on just one foot? Run and then jump? Take turns jumping with them and talk together about how far you both go.

Brainy Background: It takes focus and self-control for your child to manage how their body moves, as well as flexible thinking to come up with different ideas. Fun experiences with math ideas like space and distance help them develop a foundation for learning now and in the future.

## STILL AS A STATUE (3 – 4 YEARS)

Vroom Tip: 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 they can make you laugh and move!

Brainy Background: This game is all about focus and self-control. 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 them develop skills for life.

### SPOT THE COLOR (3-5 YEARS)

Vroom Tip: Ask your child, "What color is your shirt today (or pants or dress)?" Then ask, "What other things are that color?" Add your ideas, too, and make it a back and forth game. See how many things you can think of.

Brainy Background: Playing the "Spot the Color" doesn't just teach your child colors. You're also giving them the chance to practice focusing on an idea and a task with another person. The ability to focus is very important in life and in school.

### WORD OF THE DAY (4 – 5 YEARS)

Vroom Tip: Come up with a word of the day, like "play." As you and your child go through your day, point out moments or things you see that remind you of the word of the day. You might say, "Look, those dogs are playing!" Encourage them to find their own examples of the word of the day.

Brainy Background: Your child must use their memory to remember the special word all day and use focus and self-control to play the game. They're also exposed to new words and learn about the different ways that words can be used. These are important parts of learning to read and write.

### AIR DRAW (4-5 YEARS)

Vroom Tip: Ask your child to watch your finger as you draw a shape in the air. Start with something simple, like a circle. Can they guess what it is? Make it harder and draw more complicated shapes, like a heart or a star. Then have them take a turn drawing and you take a turn guessing.

Brainy Background: Your child has to use self-control to focus only on your finger drawing in the air. Being able to use focus is critical to learning and staying motivated to reach a goal. Everyday use of shapes and symbols supports math skills too.

### SWITCHABLE WORDS (4-5 YEARS)

Vroom Tip: Play a word game with your child. Choose a word like "stop." Ask them, "What happens if you take the 's' away? It's top." Then add an "s" at the end—it's tops. What other words can be switched around like this? Talk together about the different words, real and made-up. Have fun and take turns.

Brainy Background: This game uses memory to remember letters and flexible thinking to make new words. It also takes focus and self-control for your child to keep playing the game. Having fun with words builds their love of learning.