



second

Brain Builder Game: Listening Concentration

WHAT?

Brain Builders are active, fun games with specific rules and steps.

They include ways to increase the challenge.

They give children the message that their brains can get stronger and smarter with practice and effort.

WHY?

Brain Builders look like simple games, but they do a whole lot more.

They develop the parts of children's brains that help them pay attention, remember, and have self-control.

WHO?

Brain Builders can be played with children ages three to eight.

In this age range, children's skills are rapidly developing, so it's the perfect time for extra practice.

WHERE?

Brain Builders can be played often and at any time, either inside where children have room to move, or outside.



TOMATO!

Get Ready

1. Have children stand or sit facing you.
2. Tell children to listen to the rules:
 - **Rule 1 is, hold up one finger after you've heard a word twice. That's a match!**
 - **Rule 2 is, when you've heard three matches, stand up and hold your earlobe.**Model for children.

Play the Game

1. Read one of the word lists.
2. When children have made three matches, the round is over.
3. Play again. This time, add distractions: click a pen, tap on furniture, raise/lower blinds, jump up and down, and so on.
4. Play another round and increase the challenge!

TRUCK!

SUBWAY!

Word Lists

1. Truck, airplane, skateboard, train, bicycle, airplane, subway, bus, bus, truck, skateboard, subway, bicycle, train
2. Dolphin, shark, stingray, whale, octopus, whale, seahorse, dolphin, salmon, shark, salmon, octopus, seahorse, stingray
3. Banana, carrot, avocado, apple, carrot, spinach, orange, banana, tomato, avocado, apple, tomato, spinach, orange

Increase the Challenge

- Add words without matches to the list.
- Add more words to each category.
- Read the list twice and require three or four repetitions for a match.

SHARK!

Tips

- Play the game for only a few minutes at a time.
- Play the game at least twice a day.
- Have children take turns leading the game.
- Increase the challenge as children get better at the game.

BANANA!