



second step Brain Builder Game: Rhyme Race

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.



Get Ready

1. Have children stand, leaving enough room to move.
2. Tell children to listen to the rules:
 - Rule 1 is, listen to the list of rhyming words I say.
 - Rule 2 is, when I say, "Go!" say all the words from the list.



Play the Game

1. Face children.
2. Say a list of three rhyming words.
3. Wait, then say: **Go!**
4. Children repeat the list of rhyming words.
5. Repeat steps 2–4 with another list of rhyming words.

Word Lists

Sad, mad, glad	Feel, meal, peel
Cry, fry, try	Smile, file, pile
Frown, crown, drown	Worry, hurry, blurry
Laugh, half, calf	Feeling, ceiling, healing

Increase the Challenge

- Have children repeat the list of rhyming words in reverse order.
- Have children wait longer before repeating the list of rhyming words.
- Have children add one or more rhyming words to the list.
- Say the first word and have children add two or more rhyming words to the list.



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.

