

Child Development: Brain Building

Activity: *Supporting Brain Development*

Objective

To think about what supports healthy brain development and how to improve your practices to encourage it

Instructions

1. Form a small group and consider one of these five elements for healthy brain development:

- Relationships
- Responsive interactions
- Respect
- Routines
- Repetition

Your group should coordinate with others so that each group has one topic.

2. Thinking about your group's topic, discuss these questions:

- What does this term mean to you? How does this term influence your own life and experiences?
- What does this practice look like in an early childhood environment? Provide several examples.
- Based on what we have learned, how might this support brain development?
- How could you include more of, or better support for, this practice?

3. Write your group's thoughts on a poster-sized sheet of paper. Be ready to share with the larger group.