

CALLING ALL PARENTS

Try a more BRAIN FRIENDLY way to review
and study with your kids

BRAIN-TRAIN ACTIVITY #1:

Rainbow Tracing

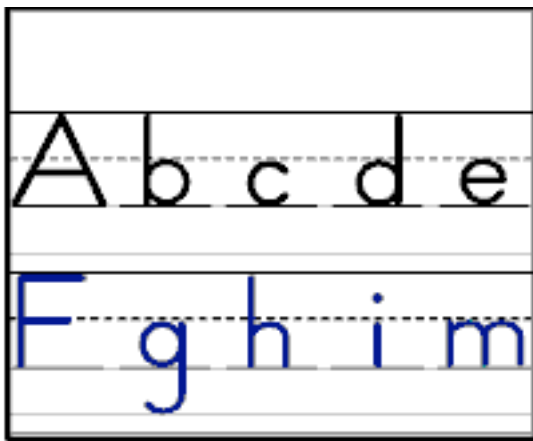
Purpose: To develop eye-hand coordination and provide sensory input of shapes, letters, numbers and designs. A great way to have positive parent/ child homework time!

Materials: Several colors of pencils, crayons, gel pens, etc.

The S.M.A.R.T. way for your child to learn to write her name, practice making shapes, writing letters or learning spelling words is to use this fun and easy activity.

Although any colors can be chosen, if the child wants to make a RAINBOW:

Begin with the lightest color and progress to the darkest color to create a rainbow effect....yellow, orange, pink, red, green, blue, purple, brown and black.



Instructions for setting up Rainbow Tracing:

1. Make or print pages with a design of shapes, letters, numbers or words.
2. Model first and then have the child trace over the design with her fingertip five times.
3. Have the child trace over the design using each, pencil crayon or gel pen consecutively in the sequence listed above.
4. Have the child recreate the design on the same paper next to the traced design.

Note:

The child traces whatever concept being taught using the entire sequence of colors. For example, a child Rainbow Tracing the word “caterpillar” would:

Trace “caterpillar” in yellow,

THEN “caterpillar” in orange

THEN “caterpillar” in pink

THEN “caterpillar” in red

THEN “caterpillar” in green

THEN “caterpillar” in blue

THEN “caterpillar” in purple

THEN “caterpillar” in brown

AND FINALLY “caterpillar” in black



Each time the child traces over the design it is considered an “input” to the brain. When the child recreates the design on the some paper next to the traced design, it is an “output”.

Begin with three to five inch shapes such as circles, squares, then triangles, and then move to letters and numbers.

This is an EXCELLENT activity when introducing new concepts such as name, phone number, address, vocabulary, spelling words, math facts, states and capitals etc.

HAVE FUN!