

Take 15 – Cognitive Development

Taking 15 minutes to focus on cognitive development with a child will help increase intelligence and mental capacity. List ten activities a parent/caregiver can do to interact with a child for 15 minutes which will benefit cognitive development. Describe the benefits of the activity for the child. Write a summary sentence at the bottom of the page.

Activity	Benefit to the child
Take a walk around the neighborhood	- can spark an interest in nature - child will learn about distances and surrounding points of interest

Summary: _____

