JAINAM ONLINE CLASSES
NURTURING CURIOUS MINDS WORLDWIDE

Ages 3–12 | Parent Activity Guide

20 PLAYFUL BRAIN BUILDING GAMES

20 Everyday Ways to Build Your Child's Brain

Simple Games for Thinking, Counting, Remembering, Creating and Solving Problems at Home



Practical Home Activity Playbook
No expensive kits • Zero screen time required • 10-15 minute setup

Jainam Online Classes
Interactive Live Learning

HOW TO USE THIS GUIDE

Maximising Learning, Curiosity, and Connection at Home

Parent Guide

Welcome to the **Jainam Online Classes Activity Playbook**. Children learn best when actively engaged in low-pressure, playful scenarios using everyday household objects. This guide provides 20 evidence-inspired activities tailored for children aged 3 to 12. These exercises are structured to offer practice in observation, mathematical reasoning, logic, memory, and creative problem-solving.

1. Start Easy & Adapt

Always begin with the simpler variation to build your child's confidence. Every activity includes "Easier" and "Harder" options so you can adjust seamlessly to your child's developmental pace.

2. Ask Open-Ended Questions

Instead of providing direct answers, ask *"How did you figure that out?"* or *"What happens if we try this?"*. Encouraging verbal explanation strengthens logical reasoning.

3. Welcome Mistakes

Errors are valuable learning opportunities. Reframe incorrect attempts as interesting discoveries. Praise effort, resilience, and creative strategies rather than quick results.

4. Keep It Short & Fun

Aim for short 10–15 minute sessions. Conclude the activity while your child is still enjoying it. Forcing completion when interest wanes can generate unnecessary frustration.

Educational Purpose & Realistic Expectations

These activities provide structured opportunities for children to practise cognitive and problem-solving skills in a supportive home environment. Engagement with these games does not guarantee specific academic marks or permanent increases in general intelligence metrics.

General Safety Guidelines

Direct Adult Supervision Required: Activities involving small items (such as counting beads, coins, or buttons) pose choking hazards for children under 3 years old. Ensure all items are age-appropriate and safely supervised.

GROUP A: OBSERVATION & MEMORY

Sharpening Visual Attention, Focus, and Recall

5 Activities

01 What Changed?

Ages: 3–8 | Prep: 2 mins | Skill: Visual Attention

Materials: 4–8 household objects (spoon, toy car, key, eraser), small cloth.

Instructions:

1. Place 5 objects on the table. Give your child 10 seconds to observe them.
2. Ask your child to close their eyes or turn around.
3. Remove 1 object or swap positions of 2 objects. Cover with a cloth.
4. Have them look again and state what changed.

Easier (Ages 3–4): Use 3 distinct items; remove 1 without moving others.

Harder (Ages 7+): Use 8–10 items; alter subtle details (e.g., turn key backwards).

Parent Questions:

- "What strategy did you use to remember the items?"
- "Which item did you notice first, and why?"

Safety: Ensure small objects used are larger than 3 cm for children under 3.

02 Memory Tray

Ages: 4–10 | Prep: 3 mins | Skill: Short-Term Recall

Materials: Tray, towel, paper, pencil, 6–10 small items.

Instructions:

1. Arrange items on a tray and cover with a towel.
2. Uncover the tray for 15 seconds, allowing silent observation.
3. Cover the tray again. Ask your child to list or write down every item recalled.

Easier: Show 4 items; let young children point or call them out orally.

Harder: After covering, wait 2 minutes before asking them to recall.

Parent Questions:

- "Did you group items in your mind (e.g. by color or type)?"
- "Which object was easiest to recall?"

03 Listening Detective

Ages: 3–9 | Prep: 1 min | Skill: Auditory Processing

Materials: Everyday noisy items (keys, bell, tearing paper, water cup).

Instructions:

1. Child sits with eyes closed or blindfolded.
2. Create a distinct sound behind a barrier (e.g., rustling paper, stirring water).
3. Ask child to identify the action or item producing the sound.

Easier: Demonstrate 3 sound sources first before testing blindfolded.

Harder: Make a sequence of 3 distinct sounds in row; child repeats in order.

Parent Questions:

- "What clues helped you recognize that sound?"
- "Was that sound made by plastic, metal, or paper?"

04 Picture Hunt

Ages: 3–10 | Prep: None | Skill: Scanning & Detail Focus

Materials: Illustrated storybook or a busy room.

Instructions:

1. Open a detailed storybook page or look around the living room.
2. Give target prompts: "Find 3 circular red objects" or "Find a dog with a hat."
3. Child points to and names each matching element found.

Easier: Ask for clear, large objects directly in view.

Harder: Use time limits (30 secs) or abstract clues ("Find something smooth").

Parent Questions:

- "How did your eyes scan the page — top to bottom or side to side?"
- "Can you invent a clue for me to find?"

05 Sequence Story

Ages: 4–11 | Prep: 3 mins | Skill: Sequential Logic

Materials: 3–5 simple drawn cards or printed event pictures.

Instructions:

1. Mix up cards showing steps of an everyday event (e.g., planting a seed, brushing teeth).
2. Ask child to order cards from start to finish.
3. Child narrates the story using transition words ("First", "Next", "Finally").

Easier: Use 3 clear action steps (e.g. raw apple -> slicing -> eating).

Harder: Use 6 cards; remove 1 card and ask what step is missing.

Parent Questions:

- "Why must step 2 happen before step 3?"
- "What would happen if we swapped the first and last cards?"

GROUP B: NUMBER SENSE & PATTERNS

Building Mathematical Fluency and Logical Categorisation

5 Activities

06 Count and Sort

Ages: 3–7 | Prep: 2 mins | Skill: Classification & Counting

Materials: Mixed laundry socks, buttons, or cutlery (plastic/safe).

Instructions:

1. Place a mixed pile of items on a tray or table.
2. Ask child to sort by attribute (color, size, or function).
3. Count items in each group and compare which group has more/fewer.

Easier: Sort by 1 attribute (e.g. Red vs Blue items).

Harder: Sort using 2 attributes simultaneously (e.g. Small AND Blue).

Parent Questions:

- "How did you decide which category this item belongs in?"
- "How many more items are in group A than group B?"

Safety: Buttons are choking hazards; use large socks/blocks for ages under 3.

07 Number Detective

Ages: 4–9 | Prep: None | Skill: Numeral Recognition

Materials: Household clocks, food packaging, calendars, tape measures.

Instructions:

1. Assign a target number for the day (e.g., "Number 5").
2. Child searches the kitchen or living area for instances of that digit.
3. Child records or calls out where the number was discovered.

Easier: Find single digits 1 through 5 in plain sight.

Harder: Find two-digit numbers, odd/even numbers, or calculate sum of 2 numbers found.

Parent Questions:

- "What purpose does that number serve on the package/clock?"
- "Is that number larger or smaller than 10?"

08 Pattern Builder

Ages: 4–10 | Prep: 1 min | Skill: Patterning & Sequencing

Materials: Colored blocks, beads, cutlery, or paper shapes.

Instructions:

1. Create a simple pattern (e.g., Red-Blue-Red-Blue or Fork-Spoon-Fork-Spoon).
2. Ask child to identify the rule and extend the sequence by 3 items.

Easier: Use simple ABAB patterns.

Harder: Create complex ABC, AABB, or growing numeric patterns (2, 4, 6, 8).

Parent Questions:

- "What part of the pattern repeats?"
- "Can you make your own pattern for me to finish?"

09 Mental Maths Shop

Ages: 5–12 | Prep: 3 mins | Skill: Arithmetic & Money

Materials: Toys, sticky notes with simple prices, play money/counters.

Instructions:

1. Set up 4 toys with price tags (e.g., $1, $2, $5).
2. Take turns being Shopkeeper and Customer.
3. Customer selects items, calculates total price, pays, and receives change.

Easier: Prices 1–5 using 1-dollar tokens; count total items.

Harder: Use prices requiring addition, 10% discounts, or exact change calculations.

Parent Questions:

- "If I buy 2 of these, how much will it cost altogether?"
- "How much change do I get from $10?"

10 Abacus Explorer

Ages: 4–11 | Prep: 1 min | Skill: Place Value & Tactile Maths

Materials: Toy abacus or pasta beads threaded on parallel strings.

Instructions:

1. Show child how moving beads represents quantities.
2. Call out numbers (e.g., 4 or 12). Child shifts matching beads across wire rows.
3. Demonstrate simple addition by sliding groups of beads together.

Easier: Count single units up to 10 on a single row.

Harder: Assign place values (Units, Tens, Hundreds) to top 3 rows.

Parent Questions:

- "How many beads are left on the left side?"
- "Can you show me 15 using Tens and Units rows?"

GROUP C: LOGIC & PROBLEM-SOLVING

Developing Spatial Reasoning, Analysis, and Hypothesis Testing

5 Activities

11 Mini Maze

Ages: 4–10 | Prep: 2 mins | Skill: Spatial Navigation

Materials: Paper, marker, pencil OR masking tape on floor.

Instructions:

1. Draw a simple maze grid with start, dead-ends, and finish line.
2. Ask child to trace path from start to end using finger before drawing line.
3. If they hit a dead-end, guide them to backtrack logically.

Easier: Wide paths with only 1 simple turn choices.

Harder: Create tape maze on living room floor; guide a blindfolded partner by oral instructions.

Parent Questions:

- "What made you choose to turn left instead of right?"
- "How do you know this path leads to a dead-end?"

12 Odd One Out

Ages: 3–10 | Prep: 1 min | Skill: Deductive Reasoning

Materials: Groups of 4 items (e.g., 3 fruits and 1 block).

Instructions:

1. Set out 4 items where 3 share a common property and 1 differs.
2. Ask child to identify the odd object and verbally justify their reasoning.
3. Encourage multiple valid answers if justified logically.

Easier: Obvious categories (3 plastic toys vs 1 real apple).

Harder: Subtle mathematical rules (e.g. 3 even numbers, 1 odd number).

Parent Questions:

- "Why does this item not fit with the others?"
- "Is there a different way we could group these?"

13 Build a Bridge

Ages: 5–12 | Prep: 2 mins | Skill: Engineering Logic

Materials: 2 books, 1 sheet of A4 paper, small coins or erasers.

Instructions:

1. Place 2 books 15 cm apart. Lay a flat sheet of paper across as a bridge.
2. Test how many coins it holds before collapsing.
3. Guide child to fold paper into accordion pleats to increase strength, then test again.

Easier: Gap distance shorter (8 cm); test lightweight plastic toys.

Harder: Span wider gap (25 cm) using only 2 sheets of paper and tape.

Parent Questions:

- "Why did folding the paper make it stronger?"
- "How can we distribute weight more evenly?"

14 What Comes Next?

Ages: 4–11 | Prep: 2 mins | Skill: Algorithmic Logic

Materials: Paper and coloured pencils.

Instructions:

1. Draw a visual sequence (e.g. Circle, Square, Circle, Square, ___).
2. Or write a number sequence (e.g., 5, 10, 15, ___).
3. Ask child to identify the rule and draw/write the next 2 steps.

Easier: Alternating shapes or simple counting sequences (+1).

Harder: Geometric rotations (arrows pointing Up, Right, Down, ___) or Fibonacci-style additions.

Parent Questions:

- "What change happens from step to step?"
- "Can you state the rule in words?"

15 Plan Your Move

Ages: 6–12 | Prep: 2 mins | Skill: Strategic Foresight

Materials: Chessboard, checkers, or Connect 4 board.

Instructions:

1. Set up a simple 3-move chess puzzle or Connect 4 mini-grid scenario.
2. Ask child to evaluate the board state and select their next move.
3. Child must explain why that move improves their position or prevents a loss.

Easier: Tic-Tac-Toe: ask child to spot win/block moves in 1 turn.

Harder: Chess: evaluate 2 turns ahead ("If I move here, what will opponent do?").

Parent Questions:

- "What do you think your opponent will do if you make that move?"
- "Is there a safer alternative?"

GROUP D: CREATIVITY, LANGUAGE & REASONING

Expanding Vocabulary, Creative Expression, and Critical Thinking

5 Activities

16 Story Starter

Ages: 4–12 | Prep: None | Skill: Verbal Fluency & Narrative

Materials: None required (optional picture cards).

Instructions:

1. Provide an imaginative opening sentence: "As the clock struck 8, the bedroom rug began to float..."
2. Take turns adding 1 sentence at a time to build a collaborative story.
3. Ensure the story has a setting, problem, and resolution.

Easier: Parent leads narrative; child chooses key decisions ("Do we enter cave A or B?").

Harder: Incorporate 3 mandatory random vocabulary words (e.g., "submarine", "enormous", "pancake").

Parent Questions:

- "What motivation caused the main character to do that?"
- "How can our characters resolve this challenge?"

17 Explain Your Thinking

Ages: 5–12 | Prep: None | Skill: Metacognition

Materials: Any completed puzzle, riddle, or daily math question.

Instructions:

1. After child completes a task or puzzle, ask them to play "Teacher".
2. Child explains step-by-step how they arrived at their solution.
3. Listen without interrupting, then ask clarifying questions.

Easier: Explain a simple task (e.g. how to make a peanut butter sandwich).

Harder: Explain why a false answer is wrong and pinpoint the specific error step.

Parent Questions:

- "What was the trickiest part of this problem?"
- "How would you explain this to someone who has never done it?"

18 Design a Better Paper Plane

Ages: 5–12 | Prep: 1 min | Skill: Aerodynamics & Iteration

Materials: A4 paper sheets, paperclips, open floor area.

Instructions:

1. Fold a standard classic paper plane and test fly it 3 times.
2. Modify 1 variable at a time (e.g., add paperclip to nose, fold wingtips up).
3. Measure distance reached and analyze which modification improved flight.

Easier: Compare basic Dart vs Glider folding designs.

Harder: Target accuracy: land plane inside a floor hoop 3 meters away.

Parent Questions:

- "What happened to the plane's path when we added weight to the front?"
- "Why is testing one change at a time important?"

19 Create a Secret Code

Ages: 6–12 | Prep: 3 mins | Skill: Cryptography & Symbol Mapping

Materials: Paper and pen.

Instructions:

1. Create a simple cipher key matching letters to symbols or offset numbers (A=1, B=2 OR A=★, B=▲).
2. Write a short encoded message (e.g., "FIND THE BOOK").
3. Child uses the cipher key to decode the secret message.

Easier: Encode single 3-letter words (e.g., C-A-T -> 3-1-20).

Harder: Use Caesar Shift Cipher (shift alphabet by +3 positions: A becomes D).

Parent Questions:

- "How does code breaking rely on patterns?"
- "Can you write a secret response back to me?"

20 Invent a New Game

Ages: 5–12 | Prep: 5 mins | Skill: Rule Design & System Thinking

Materials: Dice, paper, markers, small game tokens.

Instructions:

1. Design a simple board game on paper with a Start and Finish.
2. Establish 3 clear rules (e.g., "Roll 6 to get extra turn", "Landing on red moves back 2").
3. Play test the game together and refine unfair rules.

Easier: Modify existing game (e.g., add new custom card to Snakes & Ladders).

Harder: Invent a complete strategy game with winning conditions and points.

Parent Questions:

- "Was the game fair for all players?"
- "What rule would you change to make it more exciting?"

7-DAY FAMILY BRAIN CHALLENGE

15 Minutes a Day to Build Curiosity & Connection

Printable Tracker

Tick off one activity each day! Feel free to swap days based on your child's mood and schedule.

Day	Suggested Activity	Focus Skill	Parent Notes / Favourite Moment	Done
Day 1	**#1 What Changed?**	Visual Attention		☐
Day 2	**#6 Count and Sort**	Classification		☐
Day 3	**#12 Odd One Out**	Logic & Reasoning		☐
Day 4	**#16 Story Starter**	Language & Imagination		☐
Day 5	**#8 Pattern Builder**	Sequencing		☐
Day 6	**#13 Build a Bridge**	Engineering Logic		☐
Day 7	**#20 Invent a New Game**	Creative System Design		☐

Weekly Reflection Prompt for Parents:

"Which activity sparked the most curiosity and enthusiasm in my child this week, and why?"

Challenge Completion Certificate

Award your child a high-five and certificate upon finishing 7 days of playful learning!

MY CHILD'S FAVOURITE DISCOVERIES

Record Observations, Unique Questions, and Next Steps

Observation Log

1. Activities my child enjoyed most:

2. Tasks my child found challenging (and how they responded):

3. Interesting questions my child asked during play:

4. Skills or topics we want to explore next:

Nurture Your Child's Full Potential

At **Jainam Online Classes**, we believe every child possesses innate curiosity waiting to be unlocked. Our interactive, small-group live online sessions provide structured, engaging guidance in:

- **Mental Maths & Abacus Mastery**
- **Logical Reasoning & Chess**
- **Creative Writing & Communication**
- **Scientific Inquiry & STEM Skills**

If you enjoyed this activity guide, explore our tailored online learning programs at **www.jainamclasses.com**