

Visit the Let's Grow Brain Power website for more information

<https://www.letsgrowbrainpower.com/>

Screen-free P.O.W.E.R. activities grow thriving brains!

Use this resource to encourage and inspire families of preschoolers to 6th graders.

P play

O outdoors

W work/chores

E engage

R read



What do kids REALLY need to grow and thrive? Often, the simplest things are best for building the most important skills!

Technology is everywhere and constantly changes, but what kids need to develop remains the same - plenty of play, outdoor time, responsibility as they grow, engaging with other people in real life, reading, and being read to!

Screen time often disrupts these crucial activities and many parents and caregivers are simply unaware of the consequences.

We created the Let's Grow Brain P.O.W.E.R. program as a resource to start the conversation about kids' brain development and to empower families to prioritize the activities that help GROW brains.

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