



Build Dominoes

Tip one piece and watch the whole row fall. Then set it up and try again!

Helps Your Child Grow



Cognitive Self-Regulation (Executive Functioning)

Seeing you respond lightly when the dominoes fall and begin again helps your child practice restarting after frustration and continuing toward completion.

Steps

- The most exciting part of dominoes is watching the whole path tumble. Invite your child to build one and enjoy the crash.
- While your child concentrates on their path, build a separate line beside them.
- Pretend to knock over your own line too early. Laugh and say, “Oh, they all fell! That’s okay - I can build it again.” Your response shows that a mistake does not end the play.
- If your child’s dominoes fall early, use the same relaxed tone and invite a fresh start.
- Share one useful trick: leave a one-domino gap between sections. If one section falls, the rest can stay standing.

Tips

- Begin with one short row of dominoes. After your child succeeds, make the row a little longer so the next challenge still feels inviting.
- Besides leaving one domino out until the end, you can build several short sections and connect them last. This reduces the frustration of knocking down the entire line too soon.

Observations

- Starts rebuilding even if the dominoes fall partway through
- Places the dominoes upright one by one