



MIGHTY
DADDY

You're holding a deck of cards. That means you're more than just a dad. You're Mighty Dad! There must be a reason this deck of cards found you.

You don't believe me? Take a look inside. A lot of things will look familiar. You'll immediately recognize some pictures – "This was me just yesterday!"

This deck is the key that transforms an ordinary dad's life into a guide to the hidden science of "daddyhood." This deck of hints and tricks will help you acquire knowledge about how great of a parent you are and how much we – as parents – can give our children, even when we think we only have time to take them to the playground today.

These cards are small, but they contain enough knowledge for several research papers. It's best to read them leisurely. Pick something that resonates with you and try it out.

There are ideas for joint activities for different occasions and support from experts in pedagogy and neuropsychology. The goal is to make playing with your child more interesting, boost your confidence and knowledge, and help you achieve ease and conscious creativity every day.

Welcome, Almighty Daddy! You're already in.
That means we can begin.





UNWASHABLE IMPRESSIONS

The sneakers will wash off,
the experience will remain.

Game Options:

- Shoot a slow-motion video and create a soundtrack for it using a music editor.
- Fix a bicycle and learn who invented pedals.
- Draw an "improved boot model for optimal splashing."
- Look for the perfect reflection in puddles and create a map of "puddle beauties."

I can:

- Conduct a hydrodynamics class using a bike, a rock, and rubber boots.
- Be present and direct the flow without canceling experiments.
- Smile, even if I get splashed.

Scientific benefits:

- Sensory integration.
- Transfer of excitement to motor activity.
- Resilience to unpredictability.
- Joy that builds attachment.



INVENTHINK HACK

To imagine and construct is to think.

Game Options:

- ↳ Draw up a plan of a structure and discuss the scale of it.
- ↳ Think of the river under the bridge and the animals that live in and around it.
- ↳ Discuss which end of the bridge is the entrance and which is the exit.
- ↳ Take a picture of the structure and introduce your child to a photo editing software. Turn your bridge into a real landscape.
- ↳ Print the photo and label it as your child's engineering project.

I can:

- ↳ Construct a bridge from whatever is at hand, such as a spoon, a chair, or a scarf.
- ↳ Don't block the flow of imagination with common sense, but rather gently incorporate it to keep things interesting.
- ↳ Ask the right questions (or offer a chocolate bar as an incentive) when the bridge is about to collapse.

Scientific benefits:

- ↳ Spatial reasoning.
- ↳ Formation of coherent logic.
- ↳ Creativity development through creating new solutions.
- ↳ Understanding cause and effect relationships.
- ↳ Cooperation and role assignment.



CARDBORDONAUTS

Imagination is fuel, too.
Let the countdown begin!

Game Options:

- ↳ Assign a "senior navigator" and come up with launch instructions using words that start from the same letter.
- ↳ Draw a remote control with buttons for "forward", "back", and "tea and cookies".
- ↳ Take a picture of a rocket and insert it into a space photo. Show the children the photo editor.
- ↳ Make up an alien greeting and learn it together.

I can:

- ↳ Don't interfere with the flow of fantasy, even if the duct tape sticks to the cat.
- ↳ Tell the children how the first rockets were launched while sculpting stabilizers out of sponges.
- ↳ Sit next to each other on the carpet and role play a "Cardboardstellar" mission.

Scientific benefits:

- ↳ Develop engineering and imaginative thinking skills.
- ↳ Fine motor skill and logic training.
- ↳ Co-creation and role assignment.
- ↳ Strengthening attachment through play.
- ↳ Planning and imagination form the basis for creativity.



FOLDING TALES

You get the impression that Dad
is making a crane. But it's actually a memory.

Game options:

- ↳ Fold paper figures, such as cranes, boats, and magic flowers.
- ↳ Create a story for each figure: what does it dream about? Who does it admire? What is it afraid of?
- ↳ Have an origami exhibition on the windowsill. Or put on a play. Or create a quest with traps.
- ↳ Leave messages on the figurines with wishes for each other.

I can:

- ↳ Fold paper slowly without rushing.
- ↳ Don't interfere when the child chooses how to fold.
- ↳ Take joy in every skewed beak.
- ↳ Not only make figures out of paper, but also moments.
- ↳ Be there in silence when words are not needed.

Scientific benefits:

- ↳ Origami develops fine motor skills, hand-eye coordination, and attention.
- ↳ Step-by-step activities build planning skills and the ability to stay in sequence.
- ↳ Shared activities with parents strengthen attachment and reduce anxiety.
- ↳ Mistakes in origami provide an opportunity to improvise, which trains mental flexibility.
- ↳ Folding together is also almost like meditation. Only more fun!



SENSAWALK MOMENT

Sometimes, running is enough
to make you happy.

Game options:

- ↳ Have a barefoot race around the yard. See who can run the farthest, who can run the funniest, and who can run on their heels.
- ↳ Explore nature with your feet by touching grass, sand, pebbles, rough bark, and sunny puddles.
- ↳ Play "Eager Feet": Find everything that is smooth, prickly, wet, or crunchy.
- ↳ Walk with your eyes closed and follow voice commands: "left," "right," or "straight ahead."
- ↳ Jump like grasshoppers, walk like giants, and sneak like Lilliputians.
- ↳ Stand on one foot and pass an "invisible warm drop" to each other. Or a secret.

I can:

- ↳ Take off my shoes and feel the ground with my feet.
- ↳ Run, jump, stumble, and get up again.
- ↳ Listen and move on command.
- ↳ Stop if someone is not keeping up.
- ↳ Rejoice in the journey, not the destination.

Scientific Benefits:

- ↳ Barefoot movement stimulates areas of the brain associated with balance, attention, and spatial reasoning.
- ↳ Touching different surfaces activates foot receptors and improves self-regulation.
- ↳ Playing with body movement and direction develops coordination, self-control, and orienteering skills.
- ↳ Anxiety levels decrease, and the immune system strengthens.
- ↳ Most importantly, an emotional connection is formed with the body, nature, and the present self.





BACKPACKINGHOOD

An intricate head does not allow
the feet to rest – and that's our strength!

Game Options:

- ↳ Go on a backpacking trip, even if the path only leads around the corner of a neighbor's house.
- ↳ Create a legend: "We're going for fog tea" or "We're looking for a gnome sanctuary."
- ↳ Have a picnic under a tree with a real tablecloth, mugs, and flavored tea in a thermos.
- ↳ Set up camp by pitching a tent or building one out of branches.
- ↳ Collect camping treasures (cones, leaves, and twigs) and bring them home.
- ↳ Watch for ants, clouds, and bark shapes.
- ↳ Most importantly, listen. Sometimes silence speaks louder than words.

I can:

- ↳ Gather camp food and make flavored tea.
- ↳ Organize an outing for the whole family complete with an itinerary and surprises.
- ↳ Orient myself using a map, the sun, and my intuition.
- ↳ Talk about surviving and caring for the wilderness.
- ↳ Find beauty in the small things.
- ↳ Feel part of the big world.

Scientific benefits:

- ↳ Walks with an active purpose engage the multi-channel sensory system: movement, observation, and analysis.
- ↳ Endurance, coordination, and spatial reasoning are developed.
- ↳ Tasks in a real-world environment strengthen planning skills and independence.
- ↳ Exploring and embracing the unpredictability of hiking fosters flexibility and confidence.
- ↳ Connecting with nature helps regulate emotions and reduce stress levels.





MAYORFARMER'S MERRY MEN

Tell me what you planted,
and I'll tell you who you are.

Game Options:

- ↳ Give each team member a task: who will carry water, who will plant, and who will sow seeds.
- ↳ Tell the children about ancient farmers and their way of life.
- ↳ Plant seedlings in a bucket, box, or old pot – most importantly, with love.
- ↳ Make banners with sticks and labels: "Radish," "lettuce," "secret zone."
- ↳ Observe how the soil changes after planting. It smells and feels different.
- ↳ Tell the children who lives in the soil and what the invisible helpers of plants do.
- ↳ Organize a ceremony to welcome the first sprout. Include songs, wreaths, and applause.

I can:

- ↳ Take my time when my fingers awkwardly hold the sprouts.
- ↳ Show how to dig in a way that's not scary.
- ↳ Trust the process and take a step back.
- ↳ Accept that not everything will sprout.
- ↳ Rejoice in each green shoot as a big miracle.

Scientific benefits:

- ↳ Planting activates tactile, olfactory, and visual sensitivity.
- ↳ Sequencing skills and an understanding of cause and effect are developed.
- ↳ Working with soil improves sensory regulation and reduces anxiety.
- ↳ Caring for living things fosters empathy, attentiveness, and a sense of purpose.
- ↳ It also strengthens your connection to nature and your belief that great things can grow from small beginnings.





LAUGHTECH

The more fun the engineer has,
the more unexpected the invention will be!

Game Options:

- Using a large piece of paper draw a car. Then, begin to "improve" it.
- Take turns adding parts to the car, such as wings, antennas, umbrellas, caterpillars, and fans.
- Think of why each element is needed. Examples include a "shower for tired passengers," a "rake-pebble digger," and "horns of the loudspeaker."
- Label the parts as you would on a real blueprint. It's okay to make mistakes – it's even funnier that way!
- Have a car presentation for the whole family with a buffet and guests.
- Tell the kids about Leonardo's diaries and the brilliant inventors and writers of the past whose fantasies once became reality.

I can:

- Be positive and won't say, "That's not how it works."
- Be inspired by a strange idea and add ten more to it.
- Be present when my child invents their first absurdity.

Scientific benefits:

- Drawing activates imagination, planning, and visual-spatial thinking.
- Coming up with functions trains cause-and-effect relationships, mental flexibility, and a sense of humor.
- Participating in ridiculous projects strengthens the bond between child and adult.
- Laughter reduces stress levels and creates a safe environment for creativity.
- It's also the first step in daring to think differently.





CHAT HUT

**It's not always best where the fireworks are,
but where you're always there.**

Game Options:

- ↳ Play speech games: make up riddles and tall tales; name everything with the sounds and letters "Zyu"; remember what has wheels; make up words and explain them (kasebuka is a booger that flies quietly so it doesn't buzz, and kyzya is a microbe that makes you laugh).
- ↳ Come up with street names for alien cities (Hungry Cosmonauts Street, First Moonwalker Lane).
- ↳ Tell the children about exoplanets and Earthlings' dreams of exploring new stars.
- ↳ Instruct the children to start a "falling asleep" story and fall asleep to it. Daddy needs to rest, too.

I can:

- ↳ Create intimacy without hurry or effort.
- ↳ Turn tiredness into a cozy environment.
- ↳ Give the kids a new and interesting topic to think about.
- ↳ Find joy in simple words and funny stories.
- ↳ Stay close by, even when I'm so tired that only my tongue moves.

Scientific Benefits:

- ↳ Formation of secure emotional attachment.
- ↳ Developing imagination, attention, and speech.
- ↳ Mastering contextual and creative thinking.
- ↳ Broadening the mind.
- ↳ Developing empathy through shared fantasy stories.
- ↳ Modeling caring behaviors even when fatigued.
- ↳ Informal learning in a relaxed environment.





LEMONOLOGY

If life has given you children,
make lemonade together!

Game Options:

- ↳ Film a cooking show with a step-by-step recipe for blogger-style lemonade.
- ↳ Demonstrate a trick with essential oils. Squeeze a lemon rind over a fire and watch the drops of oil flash into the air. It's safe in Dad's hands.
- ↳ Cut mint in the garden and watch the bush get lusher.
- ↳ Discuss odors: how do molecules get to the nose?
- ↳ Play "I know three, I don't know three". What do we know about lemonade, and what don't we know yet?

I can:

- ↳ Give a knife to the kids and teach them how to use it safely.
- ↳ Help set the table nicely and call Mom to join us.
- ↳ Let kids experiment with mint, oranges, and strawberries.
- ↳ Show them how to leave behind a clean kitchen

Scientific benefits:

- ↳ Development of fine motor skills and hand-eye co-ordination.
- ↳ Building sensory sensitivity by working with aromas, textures, and flavors.
- ↳ Practice sequencing and basic planning skills.
- ↳ Expand horizons in cooking, botany, and flavor chemistry.
- ↳ Developing independence, confidence, and responsibility for results.
- ↳ Strengthen family bonds through cooperative activities.
- ↳ Regulate nervous system arousal by incorporating touch, smells, and household rituals.



SHADOW? NO DOUBT!

Fun is light. Not fun is darkness!

Game options:

- ☛ Crumple up a piece of paper and use the flashlight on your phone to create shadows on the wall, making up what the silhouettes look like.
- ☛ Play with the shadows, moving closer and farther away as if we were in a land of giants or midgets.
- ☛ Make an unusual shadow of everyone in the family.
- ☛ Play pantomime with shadows on the wall.
- ☛ Dance to mysterious music.
- ☛ You can cut out characters, glue them on to sticks and make a shadow theater.

I can:

- ☛ Make a talking worm out of a finger and have a worm disco.
- ☛ Experiment with what shadows come out of different objects (what if you shine a light through a cut glass of water? Or a colander?).
- ☛ Listen to children make up stories and play along without trying to be the perfect storyteller.
- ☛ Use shadow play as a bedtime ritual.
- ☛ Give your children permission to have fun with the flashlight in whatever way their imagination directs them.

Scientific benefits:

- ☛ Understanding light and shadows, and experimenting with shapes.
- ☛ Developing speech and imagination.
- ☛ Practicing improvisation and public speaking.
- ☛ Play as a form of processing emotion – especially in narrative stories or strange shadows.





TO MOP OR NOT TO MOP – THAT IS NO QUESTION!

The way to zen is through a mop, a laugh,
and some chocolate on the seat of a chair.

Game Options:

- ↳ Hide a surprise (such as a cookie, note, or sticker) in a pile of toys. The first clue is to put away the stationery. The second clue is to sort the clothes. The third clue is to wipe down the shelf, and then you'll find the prize!
- ↳ Pour soapy water and have a "foam party" in the kitchen – washing dishes can be fun!
- ↳ Sort and fold the clothes of the whole family. Whoever folds the neatest clothes gets to choose the music today.
- ↳ Wash the floor to the music. When the music plays, wash. When it stops, freeze in the most ridiculous position.
- ↳ Switch dominant hand: right-handed people use their left hand and left-handed people use their right hand. Laughter and new sensations are guaranteed!

I can:

- ↳ Teach children how to take care of the house without reproach.
- ↳ Turn a chore into an exciting quest.
- ↳ Give children a sense of significance and participation.
- ↳ Accept imperfect results – after all, it's the journey that counts.

Scientific benefits:

- ↳ Self-regulation and planning skills are developed.
- ↳ Attention, memory, and control are engaged, and the prefrontal cortex is activated.
- ↳ Intrinsic motivation is formed through play activities.
- ↳ Self-esteem increases as the child recognizes his or her importance and contribution.
- ↳ Interhemispheric interaction is stimulated by switching hands.
- ↳ A careful attitude toward things and shared space is established.





GIGGLEMOUND

The playground is where brains feel good!

Game Options:

- ↳ Build a "City of the Future" out of sand, sticks, lids, and found treasures.
- ↳ Create superhero missions, such as getting to the rocket (slide) without stepping on the "lava."
- ↳ Organize a challenge to see who can walk across the entire playground without touching the ground.
- ↳ Go on a mini-hike and collect cones, beetles, and feathers. Listen to the birds and make sketches.
- ↳ Swing, climb, and hang as if you see a swing for the first time – aliens on a reconnaissance mission!

I can:

- ↳ Give my child the freedom to explore and be present.
- ↳ Be inclusive but not overbearing.
- ↳ Support even the craziest ideas.
- ↳ Let go of expectations and watch independence grow.

Scientific benefits:

- ↳ Spatial thinking is formed and coordination and balance are developed.
- ↳ Playing on the playground is like neurogymnastics: the body moves, the brain works, and emotions are engaged.
- ↳ Social skills are strengthened through negotiating, waiting, and making up rules.
- ↳ Emotional intelligence develops.
- ↳ Through physical activity, a stable psyche and the basis for a healthy body are formed.





DadBot Mode: ON

Sometimes, constructions are saved
by instructions.

Game variations:

- ↳ Children ask the Robot Daddy questions, and he answers in a monotonous, mechanical voice.
- ↳ The robot daddy works in different modes: press his forehead to activate the "encyclopedia," press his elbow to activate the "joker", or touch his knee to activate the "storyteller".
- ↳ If the "robot" malfunctions, the children "fix" it by figuring out which button to press or which spell to say.

I can:

- ↳ Set up a quest where the Robot Daddy follows the children's commands with "glitches" that must be cheerfully fixed.
- ↳ Give children a sense of control in the game.
- ↳ Teach children to interact gently and humorously.
- ↳ Support creative improvisation.
- ↳ Easily change activities depending on the children's moods.

Scientific benefits:

- ↳ Develops creativity, mental flexibility, and emotional responsiveness.
- ↳ Verbal communication and request formulation skills are practiced.
- ↳ Sense of humor and ability to adapt to the unexpected are strengthened.
- ↳ Knowledge expands through spontaneous questions and answers.
- ↳ The bond between child and parent is strengthened through joint improvisation.





THINKDRIVE

Does the speed at which a body moves
through space add to the speed of thought?

Game variations:

- One person picks an object in the car and names its first letter. The others ask him questions: "Is it big?" "Is it alive?" "Is it edible?" "Is it hanging or lying down?" The answers can only be yes or no. Whoever guesses correctly becomes the next host.
- You can guess anything around the car or on the planet – no limits on your imagination!
- You can also choose a theme, such as "body parts" or "professions."
- For advanced players, abolish one-word answers. Let the presenter answer in detail without naming the subject directly. Sometimes, such wording only confuses things more!

I can:

- Turn a road trip into a marathon of fun guessing games.
- Keep excitement and imagination alive without gadgets.
- Celebrate together, even when the answers are off target.
- Help kids feel confident in their questions.
- Notice little things that suddenly become a reason to play.

Scientific benefits:

- Logic is practiced through live interaction.
- Develops attentiveness and flexibility of thinking.
- Vocabulary and the ability to express oneself accurately expand.
- Questioning and solution-finding skills are developed.
- Strengthens family rapport and sense of humor.



BRAIN STRETCH

The world's horizons are expanded
by variation in thinking.

Game Options:

- ☛ Pick one item, then have the whole family try to come up with as many unexpected uses for it as possible. Whoever comes up with the most in one minute wins!
- ☛ Make it harder! All new uses of the item must be related to the given theme. For example, if the theme is "traveling," Dad's jacket could be used as an extra backpack, a pillow, or a sail for a raft.
- ☛ For companies, an object with a new "purpose" is depicted by gestures only. The rest of the group guesses.

I can:

- ☛ Show kids that one idea can lead to a dozen more.
- ☛ Rejoice in the most ridiculous transformations and take the time to correct them.
- ☛ Discover that fiction is serious business for recharging neurons.
- ☛ Be present without prompting or rushing, delighting in every spark of imagination.
- ☛ Create a space where even the strangest answer is cause for laughter and pride.

Scientific benefits:

- ☛ We train divergent thinking, or the ability to see multiple out-of-the-box solutions.
- ☛ We develop flexibility, imagination, creativity, and confidence in our own ideas.
- ☛ The game strengthens neural connections, accelerates thinking, and creates a foundation for future intellectual success.





DADCOOKIE QUEST

Everything's better with tea and cookies.

Game Options:

- ☛ Dad hides the cookies in the room, then sits down in a chair. His job is to respond with only two words: "warm" or "cold," which tells the children how close they are to finding the cookies. The children search for the cookies, guided by the "temperature" clues. Once the cookies are found, everyone runs to Mom to drink tea and celebrate!
- ☛ Dad hides himself and the cookies. While the kettle boils, the children search for Dad using the "warm or cold" method.
- ☛ Daddy hides goodies in different corners of the house and makes a "guide map" with riddles or landmarks. The kids go on a "find a treat for tea" quest.
- ☛ The classic version is the other way around. Dad searches for the hidden children while Mom makes tea and puts cookies on the table.

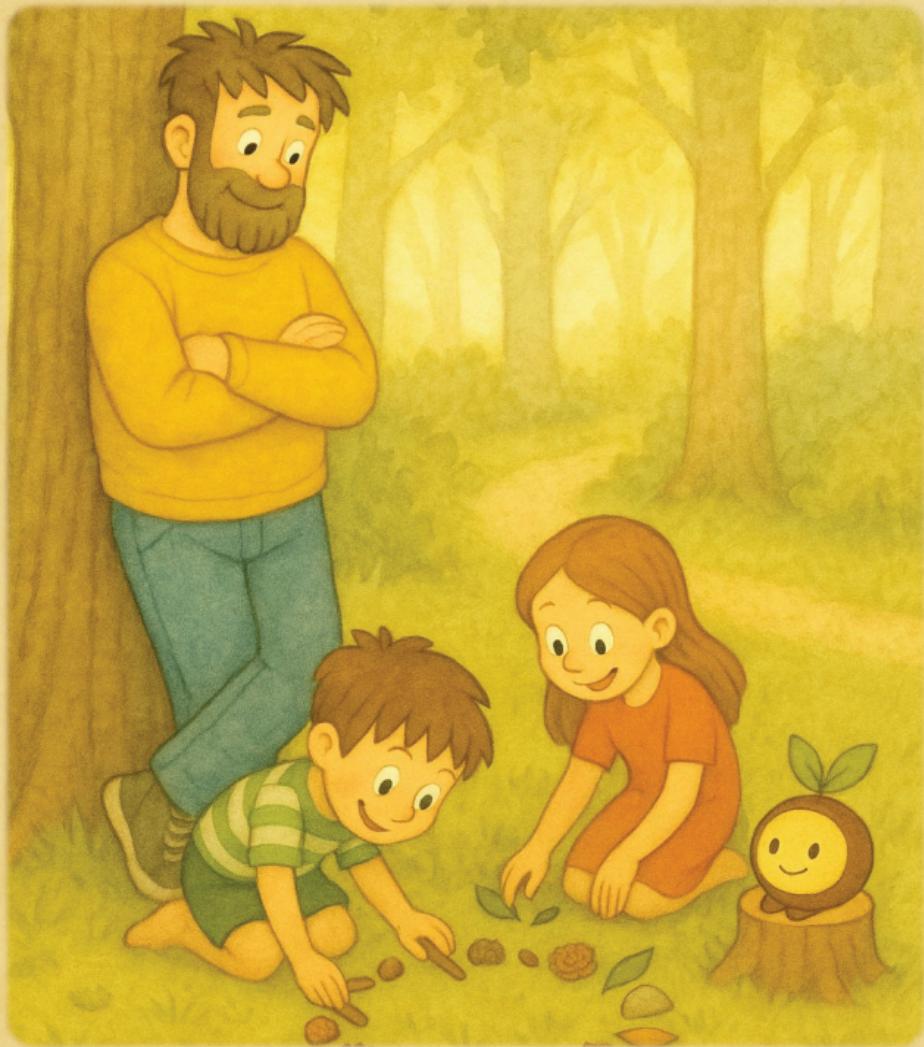
I can:

- ☛ Find? warmth in even the most familiar moments.
- ☛ Create flavorful moments of happiness from simple cookies.
- ☛ Help create the feeling that looking together is already a find.

Scientific benefits

- ☛ Develop auditory attention and the ability to pick up on intonation cues.
- ☛ Building spatial imagination and orienteering skills without visual aids.
- ☛ Practice self-control and mental flexibility during the search process.
- ☛ Develop adaptability and the ability to adjust actions based on new cues.
- ☛ Supporting emotional stability.





ROAMING HIKERS

The biggest discoveries begin
with the simplest steps.

Game options:

- ﴿ Find something rough and create a geocache.
- ﴿ Make up names for the trees at the campground and write them on the ground with sticks.
- ﴿ Whisper a "magic incantation" on a rock or stump.
- ﴿ Collect three objects of different shapes and give them magical powers, such as a patience accumulator, a stamina generator, or a "daddy storyteller" mode switch.

I can:

- ﴿ Turn any walkway into a path of wonder.
- ﴿ Spot wind rustles and strange shadows with the kids.
- ﴿ Celebrate finding a wand as much as finding a treasure trove.
- ﴿ I help slow down to hear the grass sing.
- ﴿ I show that big adventures start with small steps.

Scientific benefits:

- ﴿ Train observation and spatial attention.
- ﴿ Develop tactile perception.
- ﴿ Practice mental flexibility.
- ﴿ Teach emotional perception of the world around us and the joy of searching, not just the result.