

**THE IMPORTANCE OF BRAINGYM AND RECREATIONAL FUNCTIONAL ACTIVITIES (RFA) TO ENHANCING COGNITIVE ENHANCEMENT IN CHILDREN AGED 4-5 YEARS IN THE COVID-19 PANDEMI ERA**

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**SUMMARY**

**Background:** *The development of children aged 4-5 years will develop very optimally, where at that age the cognitive, physical, motor and psychosocial aspects of a child are developing very well, so that more serious stimulus and attention are needed, so that the child can develop more. serious fast and purposeful. Sometimes a child's cognitive development will be impaired or experience impaired or experience developmental disorders in the golden age, some problems in other cognitive transformation abilities, reversibility abilities, classification abilities, and asymmetric relationship skills. Therapy that can be done is with a brain gym and recreational activities in the form of playing puzzles that are useful for improving cognitive development in children.* **Purpose:** *Knowing the making of Information and Education Communication (IEC) media regarding Brain Gym and Recreational Functional Activities (AFR) as a promotional medium for physiotherapy in overcoming cognitive development of children aged 4-5 years in the era of the Covid pandemic 19.* **Methods:** *The method used was the IEC media, namely The booklet is produced as an implementation of health promotion that can be used as a reference by physiotherapists and physiotherapy students.* **Result:** *The IEC printed media in the form of a booklet can be distributed directly to parents or kindergarten teachers.* **Conclusion:** *As a media for promotion, information and education for the community, especially for parents, regarding the importance of the Brain Gym and Recreational Functional Activities (AFR) for the development of children aged 4-5 years in the era of the COVID-19 pandemic*

**Keywords:** *Brain Gym, Recreational Functional Activity (AFR), Children, Cognitive*