



# October 2022 Home Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Start Center: _____						1
Child's Name: _____						8
2	3 Sing the ABC's with your child.  Obj. 15c, 16	4 Point out letters of the alphabet on cereal boxes, signs, books, etc. Obj. 16a, 16b	5 Make a kitchen band using kitchen items. March and sing while playing your instruments. Obj. 4,5,6, 28, 34, 35	6 Have a talent show. Get as many family members involved as possible.  Obj. 2a, 2c, 10b, 14b, 28, 36	7 Gather pictures of family members from infancy to old age and put in chronological order. Obj. 26, 29	
9	10 Go to a local park. Play and see if there is any trash you can help clean up. Discuss recycling and keeping our earth healthy. Obj. 4, 27, 32	11 Have them check the weather and talk about what might be a good idea on what to wear and/or pack. Obj. 1c, 14a, 27	12 Gather a paper plate and different scrap pieces of paper to cut and glue on the plate for their own abstract art. Obj. 11a, 11b, 33	13 Wish upon a star.  Obj. 8b, 11e, 33	14 Have your child take a clip board and paper and write any words they find throughout the house on their paper. Obj. 16a, 17b	15
16	17 Go on a bug hunt and draw the different bugs you see.  Obj. 7a, 8b, 11d, 12b, 25	18 Set a timer for one minute while each of you draw a picture and then switch until the pictures are complete, then hang them up. Obj. 1b, 2a, 7a	19 Collect shoes in the house and put them in order from largest to smallest. Obj. 8a, 8b, 13, 20b, 22	20 Compare your hands and feet to your child's. Discuss the similarities and differences. Obj. 2a, 9a, 10a, 12b, 25	21 Measure some flowers in your area and record them. Measure again later in the month to check for growth. Obj. 7a, 11d, 13, 22	22
23	24 Take a washcloth and see what kind of shapes they can make. Obj. 7a, 11e, 12b, 33	25 Tell your child what makes them unique.  Obj. 8a, 10b, 29	26 Take a look outside and talk about the weather. Is it cold, sunny, windy, etc. Obj. 10a, 10b, 12b, 27	27 Show your child 3 piles of items and talk about the most, least, etc. Obj. 11a, 22	28 Decorate something from nature.  Obj. 11e, 27, 28, 33	29
30	31 Have your child cook a meal that they can help measure, pour and self-serve. Obj. 8b, 11a, 22					

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Teacher Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*By signing I am verifying I completed the stated activities with my child for the amount of time indicated.**

Please record the total amount of time spent doing the above activities: \_\_\_\_\_

**Distribution:** Return to DMT at least monthly.

## Educational Home Activity Ideas

Dear Families,

We are providing educational activity ideas for you and your child. These activities can be done daily, throughout the week, on the weekend, or whenever you get a chance (this is completely optional). We count the time you spend doing these activities with your child as in-kind. We have added the objectives and dimensions each educational activity meets based on the Creative Curriculum GOLD assessment. The Creative Curriculum is the curriculum used when planning your child's day at school. The objectives and dimensions are listed below to give you an idea of what school readiness skills you will be teaching while playing with your child. Please call us if you have any questions!!

### Social Emotional

1. Regulates own emotional and behaviors
  - a. Manages feelings
  - b. Follows limits and expectations
  - c. Takes care of own needs appropriately
2. Establishes & sustains positive relationships
  - a. Forms relationships with adults
  - b. Responds to emotional cues
  - c. Interacts with peers
  - d. Makes friends
3. Participates cooperatively and constructively  
In group situations
  - a. Balances needs and rights of self and others
  - b. Solves social problems

### Physical

4. Demonstrates traveling skills
5. Demonstrates balancing skills
6. Demonstrates gross motor manipulative skills
7. Demonstrates fine motor strength & coordination
  - a. Uses fingers and hands
  - b. Uses writing and drawing tools

### Language

8. Listens to and understand increasingly  
Complex language
  - a. Comprehends language
  - b. Follows directions
9. Uses language to express thoughts and needs
  - a. Uses an expanding expressive vocabulary
  - b. Speaks clearly
  - c. Uses conventional grammar
  - d. Tells about another time or place
10. Uses appropriate conversational & other communication skills
  - a. Engages in conversations
  - b. Uses social rules of language

### Cognitive

11. Demonstrates positive approaches to learning
  - a. Attends and engages
  - b. Persists
  - c. Solves problems
  - d. Shows curiosity and motivation
  - e. Shows flexibility & inventiveness in thinking
12. Remembers and connects experiences
  - a. Recognizes and recalls
  - b. Makes connections
13. Uses classification skills
14. Uses symbols and images to represent something not present
  - a. Thinks symbolically
  - b. Engages in sociodramatic play

### Literacy

15. Demonstrates phonological awareness
  - a. Notices and discriminates rhymes
  - b. Notices and discriminates alliteration
  - c. Notices and discriminates smaller and smaller units of sounds
16. Demonstrates knowledge of the alphabet
  - a. Identifies and names letters
  - b. Uses letter-sound knowledge
17. Demonstrates knowledge of print and its uses
  - a. Uses and appreciates books
  - b. Uses print concepts
18. Comprehends and responds to books and other texts
  - a. Interacts during read alouds and book conversations
  - b. Uses emergent reading skills
  - c. Retells stories
19. Demonstrates emergent writing skills
  - a. Writes name
  - b. Writes to convey meaning

### Mathematics

20. Uses number concepts & operations
  - a. Counts
  - b. Quantifies
  - c. Connects numerals with their quantities
21. Explores & describes spatial relationships & shapes
  - a. Understands spatial relationships
  - b. Understands shapes
22. Compares and measures
23. Demonstrates knowledge of patterns

### Science & Technology

24. Uses scientific inquiry skills
25. Demonstrates knowledge of the characteristics of living things
26. Demonstrates knowledge of the physical properties of objects & materials
27. Demonstrates knowledge of Earth's environment
28. Uses tools and other technology to perform tasks

### Social Studies

29. Demonstrates knowledge about self
30. Shows basic understanding of people
31. Explores changes related to people
32. Demonstrates geographic knowledge

### The Arts






33. Explores the visual arts
34. Explores musical concepts
35. Explores dance & movement concepts
36. Explores drama through action & language

# October



## Get Moving Today!

## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kick off the new month by practicing your kicking skills. Kick – chase – kick again.	Fold a towel or newspaper and put in on the floor. Pretend it is a puddle that you are going to leap over. Each time you leap over it make it a little bit bigger.	Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest?	Create a movement sequence – hop, twist, reach – and then do it together. Say the words as you do the motions.	Jumping obstacle course: Line up pillows across the floor and try to jump from one to another without touching the floor.	Pretend to be airplanes. Start out on the floor, pushing yourself up and down with your arms to start your engine. Next stand up, with arms out as wings, fly all over the place.	Feel your heart. Walk for five minutes, feel your heart again. Is it beating faster? Why? 
Clean up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, crab walk the item to a new spot.	Use recycled newspapers and crunch up pieces, making paper balls. Practice throwing the balls into a box. Throw from different distances and angles.	Using the paper balls from yesterday practice self tossing and catching. Can you clap between catches?	Turn your favorite music on and make up a sequence of dance moves. Share them with someone!	Using a pool noodle create a jumping challenge. Place the noodle on the floor and jump over it. Next move the noodle slightly off the floor and jump over it.	Roll up a pair of socks. Try to balance the socks on different parts of your body as you move throughout space. Try to move around, over and under things.	“At the Zoo”. Take turns naming an animal. Try moving around just as that animal would.
Go for a color walk outside. As you walk keep track of the different colors you see and then when you return home draw a picture using those colors.	Rake piles of leaves & jump into them! 	Outdoor dramatic play: Fly like birds – high and low and fast and slow. Pretend to fly south for the winter and return in the spring!	Go on a rock hunt and sort the rocks you find by size or color.	Read nature-related books and go outside to look for wildlife, like birds, bugs and squirrels. Nature is all around – no matter where you live!	Play I Spy! Go outside and take turns saying, “I spy something _____” and then together run to that object.	Pick up some sticks around the yard, line them up and jump over them.
 Get outside again! Go on “an around” walk. Walk around your house, walk around a light pole, walk around a leaf on the ground...	Musical Freeze: Have someone turn the music on and off. When it is on you must dance and move, but when it is shut off you must balance and freeze.	Galloping Fun: Find something around the house that could be your horse (broom, hockey stick, wrapping paper tube). Go for a horse ride as you walk, run, and gallop.	Pathway locomotion challenge! Choose a start and finish. Choose a way to move (walk, run, skip, robot etc.). Choose a pathway – either straight, curvy or zigzag.	Pretend to be a cloud as your float around outside. Change your shape as you move through space. 	Turn on some music and make up some new moves. Try to move high, low, big and small.	Transportation Travels! Take turns naming a different type of transportation and then pretend to move that way. Such as a train, bike, car, etc.
Do the Twist! Sit or stand on a t-shirt and twist away.	Practice your ball rolling skills, by rolling a ball into a box set on its side or rolling a ball to knock over obstacles.	Run and Touch: Have someone identify a part of your body and a number – now, run and touch that many items using that body part (i.e. touch eight things with your elbow).	Take a break and stretch, reach and bend as you take big breaths.	Connect to someone else and try moving together in different ways. How long can you stay connected?	Stretch as big as you can. Curl up as small as you can. Now explode back to being as big as you can.	Go back and do your favorite activity from this month! 

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

© **SHAPE America – Society of Health and Physical Educators** • [www.shapeamerica.org](http://www.shapeamerica.org)  
1900 Association Drive, Reston, VA 20191 • 703.472.3400 • Fax 703.476.9527 • [info@shapeamerica.org](mailto:info@shapeamerica.org)



## Movement Activity Ideas

Dear Families,

In the classroom, teachers are using “I Am Moving, I Am Learning” physical movement activities in order to encourage children to have healthy habits throughout their lifetimes. Physical movement activities are a planned part of the daily curriculum and promote muscle development, strength and coordination.

We are providing physical activity ideas for you and your child to do together at home. These activities can be done daily, throughout the week, on the weekend, or whenever you get a chance (this is completely optional). We count the time you spend doing these activities with your child as in-kind. The activities are listed on the back of this page. Please return this form at the end of the month with the time spent doing activities recorded. Please call us if you have any questions!

We have added the objectives and dimensions each educational activity meets based on the Creative Curriculum GOLD assessment. The Creative Curriculum is the curriculum used when planning your child’s day at school. The objectives and dimensions are listed to give you an idea of what school readiness skills you will be teaching while playing with your child. The skills we continually work on in our play at school are all related to the Creative Curriculum GOLD objectives and dimensions.

Parent Signature: \_\_\_\_\_

\*By signing I am verifying I completed the stated activities with my child for the  
Amount of time indicated.

Child’s Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please record the total amount of time spent doing  
these activities: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Distribution:** Return to DMT at least monthly.

## Physical

4. Demonstrates traveling skills
5. Demonstrates balancing skills
6. Demonstrates gross-motor manipulative skills
7. Demonstrates fine-motor strength and coordination
  - a. Uses fingers and hands
  - b. Uses writing and drawing tools