


February 2023 Home Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Start Center: _____						
Child's Name: _____						
			1 Read a book and help them in coming up with words that rhyme with some of the words at the end of the sentences in the book. Obj. 15a-c, 18a, 17a	2 List together animals that live in a zoo, the ocean, Michigan, forest, etc. Have them draw pictures if they would like. Obj. 7a, 7b, 8b, 11a, 11b, 27	3 Take three of the same objects but of different sizes. Talk about big, bigger, biggest. Obj. 8a, 13, 14a, 21b, 22, 26	4
5	6 Build a house or building with boxes or miscellaneous objects around the house. Obj. 5, 11a-e, 28	7 Think of something and start to describe it clue by clue until they guess what it is. Obj. 8a, 9a-c, 10a, 10b, 24	8 Ask your child "If you had three wishes, what would they be?" Record and have them draw a picture if interested. Obj. 1b, 2a, 10a, 11e, 14a	9 Roll a die and see who can get to a designated ending place first. Obj. 11a, 20a, 20c, 28	10 Have your child set the table for dinner. Talk about how many place settings and what is needed. Obj. 1b, 8b, 20a-c, 26	11
12	13 Sing a song together, repeat as much as your child would like. Obj. 8a, 8b, 11b, 34	14 Have your child fill out a piece of mail with you and put it in the mailbox. Obj. 2a, 8b, 32	15 Bring in snow and play with it. Use sand toys or any safe kitchen utensils to explore. Obj. 7a, 8b, 28	16 Decorate something from nature. Obj. 11a, 11b, 11d, 11e, 13	17 Make a list of animals that fly, walk, and do both. Obj. 8a, 8b, 13, 25, 27	18
19	20 Read a book and count how many of any letters they can find on a page. Obj. 17a, 17b, 18a, 20a	21 Make footprints in the snow and compare the different treads for the boots and the different sizes. Obj. 5, 6, 22, 27	22 Dance with your child to one of their favorite songs. Obj. 1a, 2a, 6, 11e, 14b, 34, 35	23 Play Simon Says. Your child will learn to follow directions. Obj. 1b, 8a, 8b, 11a	24 Describe step by step something for them to draw. Ex: A snowman or a house. Be detailed in shapes, sizes and placement on paper. Obj. 7a, 7b, 8a, 8b, 17b	25
26	27 Have your child dig in and grab out a handful of noodles or something else from the cupboard to count and sort. Obj. 7a, 20a, 21b	28 Create a homemade passport for your child. Obj. 2a, 7b, 19a, 19b				

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



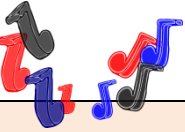


The Arts

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

February

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate Heart Health this month! Everything we do this month will help your heart be healthy. Put your hand on your heart after every physical activity.	Start today with jumping jacks. Is your heart beating faster? 	Silly walking around the house – walk all around your house acting out different emotions – can you walk happy, sad, shy, angry?	Ask others in your family to pretend to be in a parade with you. Each of you can imagine that you are playing a different instrument as you march in a line.	Play the “Mirror Game”. Face your parent/caregiver and copy what they do with their bodies as if you were looking into a mirror.	Explore Speed – move fast, then really slow, and now in between. Which one makes your heart go faster?	Time to get outside and take a Nature Walk around your house or neighborhood. Make sure to go with a grown up.
Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again.	Act out the foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.	Move like things around the house. Can you be a blender? Now be the washing machine. How about a vacuum? What does this do to your heart?	Read a book with someone and act out the words. 	Pretend you are floating through the air like a bubble. Your job is to move all through your house without being popped. Try to get really close to things without touching them.	Ask someone to help you make paper airplanes and then work on your throwing skills. Remember to step with the opposite foot.	Make a circle on the floor with a string and practice moving into, out of, around, over and beside. Make a different shape with your string.
Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast. 	Twist, turn, bounce, and bend - try doing each of these movements with different parts of your body. Can you think of other ways to move?	Give away five hugs to make your heart happy and healthy today!	Be a clean machine! Dust – reach high, low, over and under as you work your muscles.	Visit every doorway in your home and when you get there try to do a different balance. Balance on one hand and two feet, or one knee and two hands. How long can you hold each one?	Run like a bear with your hands on paper plates and your feet on the ground. Push the plates through different pathways.	Spread out wash cloths and move across the floor stepping only on the wash cloths. Try not to touch the floor.
Visit every window in your home, and when you get there try to jump as high as you can as you reach and stretch.	Yoga Zoo Animals – put your body into different animal shapes. Stretch and reach and hold the shape as you remember to breathe.	Make your heart healthy today! Lie down and feel your heart then get up and run in place and feel your heart. What happened?	Get outside and work on your jumping skills. Find a rope and lay it on the ground – practice jumping back and forth over it as you sing your favorite song.	Body Ball Roll – using a ball, such as a beach ball, work on rolling the ball around your body. Stand up, sit down, kneel or lay down. Go around the whole body and different body parts.	Place a sheet of newspaper on your tummy – try to run without it falling off. 	Wad up balls of newspaper and see how far you can throw them. Remember to step with the opposite foot as you throw. What does this do to your heart?
Using the newspaper balls from yesterday – hold them between your knees and take them to the other end of the room.	Play Add-On. Take turns doing one simple movement, such as bending your head forward and backwards. As you do a new movement, repeat the movements that have already been done.	Play catch with someone with a rolled up t-shirt. Can you toss it up and catch it on different body parts?	Sweep the floor, working your reaching and pulling and pushing motions. 	Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.	Get outside and work on the idea of BIG and small. Can you take big steps and small steps, big jumps and small jumps?	Read through each day again and repeat your favorite February activity. Enjoy!

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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
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 - b. Uses writing and drawing tools