

# March 2023 Home Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Start Center; _____ Child's Name: _____						
			<b>1</b> Find some things that smell good in the house and put them in a bag for potpourri. Obj. 1b, 2a, 7a, 8b, 11d, 12b	<b>2</b> Have a talent show. Get as many family members involved as possible. Obj. 2a, 2c, 10b, 14b, 28, 36	<b>3</b> Celebrate the number 12. Make everything 12 today. Write 12, wait 12 seconds, collect 12 of something, etc. Obj. 8a, 12b, 20a, 20b, 20c	<b>4</b>
<b>5</b>	<b>6</b> Discuss what living things need to survive  Obj. 8a, 9d, 10a, 10b, 11e, 25	<b>7</b> Introduce a new word and use it throughout the day. Write it somewhere for them to see. Obj. 11a, 15b, 16a, 16b	<b>8</b> Practice showing numbers with their fingers. Say a number and have them put up the fingers. Obj. 8a,b, 20a,c	<b>9</b> Build something together out of cups, bowls, pans, toothpicks, etc. Obj. 2a, 6, 7a, 11d, 11e, 28	<b>10</b> Use a paper plate to create a pizza of their choice. Have them cut out or draw their own toppings.  Obj. 8b, 11e, 12b, 14a, 33	<b>11</b>
<b>12</b>	<b>13</b> Mix together cornstarch and water and explore.  Obj. 7a, 11a, 11d, 16	<b>14</b> Create a secret good-bye to use when you are dropping them off somewhere.  Obj. 1c, 2a, 2b, 7a	<b>15</b> Put a couple items on a list and hide them in the house, have your child find them. Obj. 11b, 11d, 12a, 17b, 32	<b>16</b> Take a sheet of paper and make a memory game. Put 8-16 squares, making sure there is a match for each picture you or your child creates Obj. 8b, 17b, 23	<b>17</b> Make letters with your body. Try to spell names and remember what letter is what body shape. Guess what letter each other is making. Obj. 14b, 16a, 21b	<b>18</b>
<b>19</b>	<b>20</b> Read a book and do something with your child that they do in the book. Bring it to life! Obj. 14b, 17a, 18a, 18b, 18c	<b>21</b> Have your child draw a picture of what love feels like to them  Obj. 2b, 8a, 11e, 14a, 29	<b>22</b> Have a funny sock day. Wear different socks and talk about what is different about them and how they are the same. Obj. 8b, 10b, 11c, 12b, 22	<b>23</b> Sing a song together.  Obj. 11a, 12a, 14b, 15a, 15b	<b>24</b> Practice showing numbers with your fingers.  Obj. 20	<b>25</b>
<b>26</b>	<b>27</b> Take turns making and then matching sounds with your tongue. Obj. 2a, 8b, 11a, 15b, 15c	<b>28</b> Compare their hands and feet to yours.  Obj. 11d, 12b, 22, 31	<b>29</b> Ask them what makes them happy. See if it is something you can do over the weekend or at that moment. Obj. 1a, 2b, 8a, 10a, 12b	<b>30</b> Take a look outside and talk about the weather. Is it cold, sunny, windy, etc. Obj. 10a, 10b, 12b, 27	<b>31</b> 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

# March

## Get Moving Today!

## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start the month off with a game of follow the leader. Move around your house in different ways as someone copies your movements.	“Chair Exercise”. Move around, under, and over a chair; sit down and stand up using a chair; turn on music and wiggle & stretch while sitting in a chair.	Loud and soft – first walk on your tip toes trying to be really quiet, then stomp using your whole foot trying to be really loud.	Tear newspaper into long strips – crunch them up into balls – throw the balls into a basket – Rip-Crunch-Throw.	Be a superhero! Think about all of your favorite superhero’s and then spend some time moving just like they would.	Ask someone to go for a walk with you and as you walk, make up a little song about moving and having fun together.	Take a few minutes today to lie on the floor and stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax.
Using paper plates as pretend stones; make an indoor nature trail through your house. Walk through the nature trail by only stepping onto the make believe stones.	Make a pile of paper balls by crunching recycled paper. For one minute throw these balls all over the playing space – making a blizzard of balls. Collect them and do it again.	Using the balls from yesterday put them in a pile. Crab walk with one ball at a time on your tummy, carry it across the room. Move all the balls to a new pile.	Get outside and pick up trash in your yard. 	Take a “spring is here” walk. Swing your arms as you walk quickly. Notice all the signs of spring!	How many different ways can you carry a sock as your move around the house?	Crawling is a great way to work on the muscles in your arms. Try to crawl around your home for a few minutes – take a break and do it again.
Turn on some music and take turns choosing a way to move. 	Leaping! Put pillows on the floor and practice your leaping skills. Push off of your back leg and reach with your front leg.	Work on your locomotor skills – go outside and practice walking, running, galloping, skipping, jumping and hopping.	Pickup marbles with your fingers and toes. Lie on the floor and blow the marbles across the floor.	Pull a wagon around outside as you pick up sticks. Create and obstacle course with the things you find. 	Make it backwards day. Move from room to room backwards. Try to high and low, fast and slow.	Make a trail of paper plates through your home and pretend that you can only walk on the plates or you will fall in the water.
Get outside today and play “I Spy”. Each time one of you says, “I spy”, you have to all walk, run or gallop to that object.	Animal Action Fun! One person says the name of an animal and the other person has to move around the house like that animal would.	Using a scarf or handkerchief, practice your self-toss and catch skills. Watch the scarf with your eyes and move your body so the scarf can land in your hands.	Have an adult write your name really big on a sheet of paper, and then put your body into the shapes of each letter. Can you do this standing up? Can you do this laying on the floor?	Make up a nonsense word. Now make up a movement to go with that word.	Twins – for 2-5 minutes pretend as if you are connected to someone else and the two of you have to move exactly the same way.	Go on a walk through your home. Each time you get to a new space you have to change the way you are moving.
Pretend to have a beach party. Turn on some beach music and dance. Pretend to surf and swim as you work your body. 	Pretend your arms or foot or elbow or nose is a crayon and draw a big picture of a rainbow in your home.	Put a sock puppet on your hand and have it travel high, low, fast, slow, curvy and straight.	Pretend to be a balloon – first without air, then being blow up, then floating around the room, and then being popped!	Work on your tossing and catching skills with someone. Toss it right to their hands.	Balance on two body parts. How about three parts or four or ever five body parts?	Repeat your favorite activity 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