 **September Home Activity Calendar**

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **Early Head Start Center:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Child’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | |  |  |
| **Use self-talk to map your actions. Describe what you are doing during your daily routines. (ex. bathing your child, cooking dinner, cleaning the house).**  **Obj. 2a, 8a, 9a** | **Fill several small ziplock bags with material scraps to make bean bags. Practice tossing the bean bags to each other or into a container.**  **Obj. 1b, 2a, 4** | **While playing outdoors provide your child with a small squirt bottle of water to spray, to increase their fine motor skills. Spray with or for your baby.**  **Obj. 7a, 11d, 26** | **Talk with your child about emotions they experience and label them. Example: “I see that you are angry right now because you are unable to reach your cup.”**  **Obj. 1a, 2a, 8a** | **FInger paint with your child. You can make your own finger paint by mixing equal parts of flour, water and salt.Then mix in food coloring.**  **Obj. 2a, 7a, 11a** | **Use scarves to help your child practice catching. Throw the scarf into the air and have your child catch it as it floats toward the ground.**  **Obj. 2a, 3a, 5,** | **Cut a hole in the lid or side of a box, then show your baby how to stuff toys through the hole. They will learn relative sizes and develop fine motor skills.**  **Obj. 7a,12a, 21a** |
| **Place several empty containers**  **and lids in front of your child. Have your child practice opening and closing the jars and matching lids to containers.**  **Obj. 3b, 11b, 12b** | **Get a brightly colored yarn ball and wind a trail throughout your house. Go into and out of rooms, around chairs, under tables, and over some toys. Show your child how to follow the yarn.**  **Obj. 8b, 4, 11b** | **Make music shakers by filling a small clean plastic bottle with a small amount of rice or pasta. Apply masking tape to secure the lid. Play soft music and allow your child to**  **play their instrument.**  **Obj. 11b & d, 34,** | **Provide your child with a very small cup. Show them how to hold the cup and drink from it. After demonstrating, invite them to do the same. Provide lots of opportunities for them to practice this and expect spills.**  **Obj. 1c, 2a, 7a** | **Make playdough: Mix 2 cups of flour, 3/4 cup salt, 3/4 to 1 cup of water, and 1 tablespoon of oil. Mix and knead until smooth. Have your child pound, roll, and pat the playdough!**  **Obj .1c, 7a, 8b** | **Collect noise making items from the kitchen. Place your child on the floor, in the middle of the items, include a wooden spoon, show your child how to pound, tap, beat, shake, rattle, or roll the items to make “music.”**  **Obj. 7a, 11e, 34** | **Place three pots and corresponding lids on the floor. Encourage your child to match the lids and pots. Use the words "On" and Off" as your child plays with the lids and pots.**  **Obj. 3b, 8a, 9a** |
| **Hopscotch - Write letters and numbers, then say the name of the object as you jump in the box.**  **Obj. 4, 5, 8a, 9a** | **Take turns with your child throwing a ball and count how many steps it takes to reach the ball.**  **Obj. 2a,4,20a** | **Dance with your child.**  **They may rock, or sway, as they learn about rhythm and self-expression.**  **Obj.1a, 2b, 5** | **Play clapping and hand games such as peek-a-boo and pat-a-cake. Big sister or brother can help with this activity too!**  **Obj. 1a, 2a, 3a** | **Using kitchen measuring cups show your child how to nest the measuring cups inside of one another. Allow them to explore.**  **Obj .11a, 21, 22** | **Paint with your child using different objects from around the house. For ex. old toothbrush, bubble wrap on a lint brush, sponge, legos …**  **Obj. 2a, 11a, 14** | **Give a mini-massage. Spend a few minutes lightly stroking your baby from shoulder to wrist, thigh to foot, chest to tummy.**  **Obj. 1a, 1c, 2a** |
| **Practice turning pages in a book while reading a story.**  **Obj. 1b, 17b, 18a** | **Encourage your child to wave good-bye to practice motor and social skills.**  **Obj. 3a, 8b, 10b** | **Sing and act out the song, “The Hokey-Pokey” with your child.**  **Obj. 5, 8a, 11a** | **Tell your child a story without using a book.**  **Obj. 2a, 8a, 18a** | **Establish and practice consistent routines in your home.**  **O**  **bj. 1a, 2a, 3a** | **Collect leaves from your yard or a park. Look at them together and talk about them.**  **Obj. 2a, 8a, 9c** | **Cross your legs and allow your child to ride on your legs as you raise them up and down.**  **Obj. 2a, 5, 10b** |

**Educational Home Activity GOLD Objectives**

**Social Emotional Cognitive Mathematics**

1. Regulates own emotional and behaviors 11. Demonstrates positive approaches to learning 20. Uses number concepts & operations

a. Manages feelings a. Attends and engages a. Counts

b. Follows limits and expectations b. Persists b. Quantifies

c. Takes care of own needs appropriately c. Solves problems c. Connects numerals with their quantities

2. Establishes & sustains positive relationships d. Shows curiosity and motivation 21. Explores & describes spatial

a. Forms relationships with adults e. Shows flexibility & inventiveness in thinking relationships & shapes

b. Responds to emotional cues 12. Remembers and connects experiences a. Understands spatial relationships

c. Interacts with peers a. Recognizes and recalls b. Understands shapes

d. Makes friends b. Makes connections 22. Compares and measures

3. Participates cooperatively and constructively 13. Uses classification skills 23. Demonstrates knowledge of patterns

In group situations 14. Uses symbols and images to represent something not present

a. Balances needs and rights of self and others a. Thinks symbolically

b. Solves social problems b. Engages in sociodramatic play

**Physical Literacy Science & Technology**

4. Demonstrates traveling skills 15. Demonstrates phonological awareness 24. Uses scientific inquiry skills

5. Demonstrates balancing skills a. Notices and discriminates rhymes 25. Demonstrates knowledge of the

6. Demonstrates gross motor manipulative skills b. Notices and discriminates alliteration characteristics of living things

7. Demonstrates fine motor strength & coordination c. Notices and discriminates smaller and smaller 26. Demonstrates knowledge of the

a. Uses fingers and hands units of sounds physical properties of objects & materials

b. Uses writing and drawing tools 16. Demonstrates knowledge of the alphabet 27. Demonstrates knowledge of Earth’s

a. Identifies and names letters environment

**Language** b. Uses letter-sound knowledge 28. Uses tools and other technology to

8. Listens to and understand increasingly 17. Demonstrates knowledge of print and its uses perform tasks

Complex language a. Uses and appreciates books

a. Comprehends language b. Uses print concepts **Social Studies**

b. Follows directions 18. Comprehends and responds to books and other texts 29. Demonstrates knowledge about self

9. Uses language to express thoughts and needs a. Interacts during read alouds and book conversations 30. Shows basic understanding of people

a. Uses an expanding expressive vocabulary b. Uses emergent reading skills 31. Explores changes related to people

b. Speaks clearly c. Retells stories 32. Demonstrates geographic knowledge

c. Uses conventional grammar 19. Demonstrates emergent writing skills

d. Tells about another time or place a. Writes name **The Arts**

10. Uses appropriate conversational & other communication skills b. Writes to convey meaning 33. Explores the visual arts

a. Engages in conversations 34. Explores musical concepts

b. Uses social rules of language 35. Explores dance & movement concepts

36. Explores drama through action & language

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| **Please record the total amount of time spent doing the above activities:\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_**  **\*By signing I am verifying I completed the stated activities with my child for the amount of time indicated.**  **Teacher Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_** |