January 2021 Home Activity Calendar

Head Start Center:_____ **Teacher Signature:**_____

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

Child's Name:_____ **Parent Signature:**_____ **Date:**_____

Please record the total amount of time spent doing the activities:_____ **Date:**_____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Take three of the same objects but of different sizes. Talk about big, bigger, biggest. Obj. 8a, 13, 14a, 21b, 22, 26	**2**
3	**4** Build a house or building with boxes or miscellaneous objects around the house. Obj. 5, 11a-e, 28	**5** Think of something and start to describe it clue by clue until they guess what it is. Obj. 8a, 9a-c, 10a, 10b, 24	**6** 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	**7** Roll a die and see who can get to a designated ending place first. Obj. 11a, 20a, 20c, 28	**8** Have your child set the table for dinner. Talk about how many place settings and what is needed. Obj. 1b, 8b, 20a-c, 26	**9**
10	**11** Sing a song together, repeat as much as your child would like. Obj. 8a, 8b, 11b, 34	**12** Have your child fill out a piece of mail with you and put it in the mailbox. Obj. 2a, 8b, 32	**13** Bring in snow and play with it. Use sand toys or any safe kitchen utensils to explore. Obj. 7a, 8b, 28	**14** Decorate something from nature. Obj. 11a, 11b, 11d, 11e, 13	**15** Make a list of animals that fly, walk, and do both. Obj. 8a, 8b, 13, 25, 27	**16**
17	**18** Read a book and count how many of any letters they can find on a page. Obj. 17a, 17b, 18a, 20a	**19** Make footprints in the snow and compare the different treads for the boots and the different sizes. Obj. 5, 6, 22, 27	**20** Dance with your child to one of their favorite songs. Obj. 1a, 2a, 6, 11e, 14b, 34, 35	**21** Play Simon Says. Your child will learn to follow directions. Obj. 1b, 8a, 8b, 11a	**22** 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	**23**
24 **31**	**25** 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	**26** Create a homemade passport for your child. Obj. 2a, 7b, 19a, 19b	**27** Have your child tell you how to draw something. Give suggestions and help guide them if needed. Obj. 9b, 10a, 10b, 28	**28** Take a look outside and talk about the weather. Is it cold, sunny, windy, etc. Obj. 10a, 10b, 12b, 27	**29** 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	30

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:_____

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

JANUARY

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start the New Year off with a family walk. As you walk, share the ways that your family can stay healthy this year.	Get outside again and work on the concept of big and small. Can you take big steps and small steps? Big jumps and small jumps?	Cut out paper snowflakes and make a trail through your home. Walk, run, and hop along the trail.	Practice rolling your body into different shapes and then moving across the floor. Can you be straight like a pencil and small like a marble?	Make a hopscotch pattern on the floor using paper plates, and work on your hopping/jumping skills while you help your body get fit.	Recycle the paper plates from yesterday and set up targets on the floor – close and far. Using rolled up socks practice your underhand tossing skills. Remember to follow through by pointing at the target.	Rainbow Game – find as many things in your home that are different colors of the rainbow. When you get to each item, jog in place and count to 10.
Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.	Shut off the lights and have fun with a flashlight dance. When the flashlight is shinned onto a body part, move it in different ways – wiggle, reach, bend and stretch.	Move across the room acting like something. When you get to the other side someone has to guess what you were and then they have to copy your movements.	Go for a winter wilderness walk. As you walk, take deep breaths.	Make a big pile of clean socks. Move quickly as you match the pairs and run them to a different part of your home.	Twist, turn, bounce, bend. Try doing each of these movements with different parts of your body. Can you think of other ways to move?	Using a make believe paintbrush, paint your house. Stretch high, reach low, paint fast and paint slow.
Find a bunch of pillows and set up an obstacle course. Use the pillows as rocks to step on as you cross the river. Don't get wet!	Read a book with your family – act out the movements in the book.	Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.	Build your muscles today by acting like a crab, a bear and a seal.	Play "add-on". Take turns doing one simple movement, such as bending your elbow. As you do a new movement, repeat the movements that have already been done.	Go ice skating inside! Put two paper plates on the floor and use them to skate around. Try taking big steps or small steps; try going in a straight line or a curvy line.	Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it.
Roll up some socks, put them on a big beach towel, hold one the ends of the towel and fling the socks into the air.	Play follow-the-leader in your house. Take turns moving to a different room and then do a fun movement in each room.	Copy me. Toss a mitten in the air, do a trick and catch the mitten. Can someone copy you? Now you copy them!	Sit on a t-shirt and move around the floor using only your arms to pull and push.	Practice your galloping today. Try to use your hands to do other things while your legs are galloping – such as waving, clapping, or snapping.	Go on an imaginary walking trip. Pretend to walk through the sand, over a bridge, into the mud, or under a tree.	Today you are going to be "rain". Can you act out a mist, or a drizzle, or a downpour? What about a windy rain, a cold rain, or a heavy rain?
It "rained" yesterday so there are lots of puddles today. Pretend to run through the puddles, jump over the puddles, crawl around the puddles, and splash in the puddles.	Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch.	Practice your rhyming skills while moving. Say any movement word you can think of – like run. Then think of words that rhyme with it. Act out your words. *Have fun, as you run, under the sun!*	Practice your kicking skills. Roll up a big pair of socks and kick them across the room into a laundry basket turned onto its side.	Play "Movement Emotional Charades". Use your entire body to act out different emotions and see if someone can guess what you are feeling.	Let's go silly walking! Walk all around your home acting out different emotions. Can you walk happy, sad, shy and angry?	Reach through each day again and repeat your favorite January activity. Enjoy!

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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