



MARCH 2022 Home Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Start Center:		Child's Name:				
		1 Put shaving cream on a cooking sheet and let them explore. Obj. 1b, 7a, 8b, 11a, 19a	2 Have them draw, build and/or paint their home and then tell them their address and add it to their creation. Obj. 8a, 8b, 11a, 11b, 14a, 30, 32	3 Use heavy paper and cut out a rectangle shape for a bookmark to use. Encourage them to decorate it, cut it, and put their name on it. Obj. 7a-b, 19a	4 Write letters or numbers on a small piece of paper and put them on the chairs at the table. Have them tell you what letter/number is on their chair. 7b, 11a, 20c	5
6	7 Fill up a glass of milk and have your child guess how many drinks it will take to finish it. Count as they go. Obj. 11c, 20b, 22	8 Set up a lake in the sink with water and boats for them to play with. Let them make waves. Obj. 7a, 8b, 11d, 11e, 14b	9 Use the internet or a book to look something up your child is interested in. Give them some information they didn't already know. Obj. 11d, 18a	10 Have your child draw a picture of what they want to do when they grow up. Ask them to tell you about their picture. Obj. 8a, 9b, 14a, 18c	11 Have your child be a beautician or barber and do your hair and/or makeup for the evening. Obj. 2a, 9a, 11a, 12b, 14b	12
13	14 Have your child dig in and grab out a handful of noodles or something else from the pantry to count/sort. Obj. 20a, 21b	15 Use heavy paper and write their name, cut into pieces like a puzzle for them to put together. Obj. 7b, 12b, 16a, 18b, 19a, 28	16 Use some pots, pans and kitchen utensils to make music. Obj. 6, 8b, 11e, 14b, 34	17 Have them guess how much they weighed when born and then find things around the house to weigh that would be close to the same. Obj. 10a, 12b, 22, 26, 28	18 Put a penny in your hand and have them guess which hand it is in. Take turns. Talk about left and right. Obj. 2a, 8b, 10a, 11a-e	19
20	21 Write your child's name with your child. Have them write it if they can or encourage them to work on the first letter. Obj. 7b, 19a	22 Get out three items and talk about which one is on the Left, Right and Middle. Obj. 8a, 8b, 9a, 10a	23 Tell your child 5 things you love about them and write them down for them to keep. Obj. 2a, 2b, 17b, 18b, 30	24 Read a book. Count how many words are in each sentence on a page. Which is the longest? Which has the most words? Obj. 17a, 18a, 20a	25 Make a kitchen band using kitchen items. March and sing while playing your instruments. Obj. 5, 6, 28, 34, 35	26
27	28 Have your child find things in the home that are shorter than them. Measure them if you would like. Obj. 8a, 11a, 13, 22, 28	29 Create a small scavenger hunt for your child. Have a visual list of things like: something alive, something that smells good, etc. Obj. 12b, 22	30 Read a book with your child. Have your child talk about what's going on in the book with reading. Objectives 2, 9, 18	31 Set the table for dinner with your child. Count out silverware and place settings. Talk about what is on the right and left. Objectives 2, 8, 10, 26		

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:** _____

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

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 aloud 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

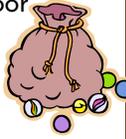
The Arts

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 you 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! 

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