May 2021 Home Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Start Center:_____ **Child's Name:**_____						1
2	3 Sing the ABC's with your child. Obj. 15c, 16	4 Point out letters of the alphabet on cereal boxes, signs, books, etc. Obj. 16a, 16b	5 Make a kitchen band using kitchen items. March and sing while playing your instruments. Obj. 4,5,6, 28, 34, 35	6 Have a talent show. Get as many family members involved as possible. Obj. 2a, 2c, 10b, 14b, 28, 36	7 Gather pictures of family members from infancy to old age and put in chronological order. Obj. 26, 29	8
9	10 Go to a local park. Play and see if there is any trash you can help clean up. Discuss recycling and keeping our earth healthy. Obj. 4, 27, 32	11 Have them check the weather and talk about what might be a good idea on what to wear and/or pack. Obj. 1c, 14a, 27	12 Gather a paper plate and different scrap pieces of paper to cut and glue on the plate for their own abstract art. Obj. 11a, 11b, 33	13 Wish upon a star. Obj. 8b, 11e, 33	14 Have your child take a clip board and paper and write any words they find throughout the house on their paper. Obj. 16a, 17b	15
16	17 Go on a bug hunt and draw the different bugs you see. Obj. 7a, 8b, 11d, 12b, 25	18 Set a timer for one minute while each of you draw a picture and then switch until the pictures are complete, then hang them up. Obj. 1b, 2a, 7a	19 Collect shoes in the house and put them in order from largest to smallest. Obj. 8a, 8b, 13, 20b, 22	20 Compare your hands and feet to your child's. Discuss the similarities and differences. Obj. 2a, 9a, 10a, 12b, 25	21 Measure some flowers in your area and record them. Measure again later in the month to check for growth. Obj. 7a, 11d, 13, 22	22
23	24 Take a washcloth and see what kind of shapes they can make. Obj. 7a, 11e, 12b, 33	25 Tell your child what makes them unique. Obj. 8a, 10b, 29	26 Take a look outside and talk about the weather. Is it cold, sunny, windy, etc. Obj. 10a, 10b, 12b, 27	27 Show your child 3 piles of items and talk about the most, least, etc. Obj. 11a, 22	28 Decorate something from nature. Obj. 11e, 27, 28, 33	29
30	31 Have your child cook a meal that they can help measure, pour and self-serve. Obj. 8b, 11a, 22	25	26	27	28	29

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 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

MAY

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take a walk. Each time you see a sign of spring do 10 jumps for joy.	Motions of the Weather. Use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.	Practice your throwing skills. Find a big target and throw as hard as you can at it. Work on stepping right at the target with your "opposite" foot.	Rainbow Run. Talk about the colors of the rainbow and as you name a color run and touch three things that are that color.	Log Rolls – find a safe space in your house and practice rolling in a straight, strong line. Use those muscles.	Silly Run: Get outside and run. Try running in a straight line, a curvy line, and then a zigzag line.	Pretend that your elbow or your foot is a great big crayon, and move all around your home coloring the most beautiful picture.
Can you leap? Pretend that your house is full of puddles and your job is to leap over all of them. Don't get wet! ☺	Find an extra chore that will help you become a better mover (sorting clothes to work on throwing skills; sweeping the floor to work on strength).	Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least two whole songs.	Statues Game: Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.	Say the ABC's by putting your body into the shape of each letter.	Go for a walk – breath in the air as you swing your arms and hold your head high.	Can you skip? Give it a try – step, hop, step, hop.
Cut out a bunch of different shapes, put the shapes in a pile and then try putting your body into these odd shapes.	Find different kinds of shoes in your house. Pretend to move as if you were wearing each kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates.	Get silly today and make up a new sound or word and then make up a new action to go along with that word or sound.	Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage.	What animals do you see in the spring? Act them out.	Go outside and explore speed – try moving really fast. Now move very slowly. Practice changing from fast to slow.	Pick up your room! Each time you pick something up do five jumps before you put it away.
Ask someone to help you make a hopscotch pattern with paper plates. Practice hopping and jumping.	Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.	Nature Statues Game: Name something that you would see in nature then put your body into that shape. Try to hold that shape while you count to 10.	Become a cloud! Watch the clouds today and change your body into all of the shapes that the clouds make – then float through space going high, low, fast and slow.	Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also remember to land softly.	Do the Opposite! Work on doing opposite movements, such as run fast and slow, reach high and low, march soft and hard.	Pretend to play your favorite instrument and go on a parade around the yard.
All Aboard! Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?	Take five minutes – go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.	Get outside and play catch. Follow the ball with your eyes and move to where the ball is going.	Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.	Motions of the Weather: Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow...get creative!	Make yourself really small and on the count of three spring up into the air, reaching and stretching to make yourself really big.	Go back and repeat the activities that you really enjoyed this month!

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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:_____

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