APRIL 2021

Childs

EARLY HEAD START 18 TO 36 MONTHS

FAMILY ENGAGEMENT HOME PROJECT

Name:_____ Site: _____ Class #:_____ Teacher Signature: _____



Sunday	٨	۸onda	у	Tuesday			W	ednesday	Thursday				Friday		Saturday			Weekly Total
									1 Find an open area. Have child raise arms "high" and bring them down "low." Repeat the actions.			2 Draw a line on ground. Take several steps "forward" and several steps 'backwards." Hold child's hand if needed.			3 Take a moment to high-five your child "high" and high-five "low" when completing a helpful task.			
													15 min		No time allowed			
4 Take a moment to talk to your child about the importance of eating fruit. Select a fruit and eat it with child.	5 Using a mirror, let child stand in front and move the "top" of his body (head, shoulders, arms, chest).			6 Look at photos of child. Help child identify space around her. Find the top, bottom, front, back, side, etc.			7 Play a game of rolling a ball "under" and "over' a table.		8 Use plastic containers or small boxes lying around the house to stack them as "high" as you can.		9 During bath time, have child raise his feet "above" water, then "below."			l 10 Take a "slow" walk to your favorite room in your house. Have child lead you to it.				
No time allowed	15 min			30 min			15 min		30 min		15 min			No time allowed				
11 After playtime, take a water break with child. Talk about the importance of staying hydrated.				13 Create a song/chant using directional words like, forward, back, left, right, etc. Write it down and bring it to class to share.			positional below, up,	14 Create a song/chant using positional words like, above, below, up, down, high, low, etc. Write it down and bring to class.		15 Create a game of clap your hands "high," and clap your hands "low."		16 Tame a moment to practice handwashing. Have child wash "between" fingers and "around" hands.			17 Have child help you find things which belong "inside" the house and things which belong "outside" the house.			
No time allowed		30 min		30 min		30 min		15 min		No	time	allowed		30 Min	l			
18 Find a cozy area in the house to rest with child after rigorous play. Have child find cozy items to enhance the resting area.	19 Draw a circle on paper. Use the market ads to cut out fruits to glue "inside" the circle and vegetables to glue "outside" the circle. Bring to class to share with peers.			"around" a tree. Help child count his steps and identify the			21 Use a pillow to hold "near" and "away" from your body. Help child repeat the actions. Use the positional words to guide child's actions.		22 Let child submerge feet in small amount of water. Have a conversation about what they see happening to their feet.		23 As child gets ready for bed, play a game of Peek-a- Boo using his blanket to hide "behind" it.			24 Create a dance routine in which child can move forward, back, around, jump low, jump high, etc. Let child choose the music. Have family join in.				
15 min		30 min		15 min		15 min		15 min		No time allowed				30 min				
25 Have family join in creating a book about positional and directional words. Bring it to class to share with peers.	26 Play a game of "London Bridges" with your family.			27 Enjoy a music and movement activity using freestyle moves. Have child choose the body movements.			28 Create a box in which you and child can collect items you can wear on "top" of your head.		29 Create a box in which you and child can collect items found "under" table, chairs, bed, etc.		30 Take a moment to remind child proper tooth brushing procedures. Model brushing "front" and "back" teeth.							
1 hour	No	time	allowed		30 min			30 min		30 min		No	time	allowed				