








## Head Start Learning Activities for the Home

# April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1) Do water play with your child. Use a pail, cup, and water and let your child estimate how many cups of water it will take to fill the pail. <b>4.COG</b></p>	<p>2) Ask your child to draw a picture of his/her family and tell you about the picture. <b>2.SED</b></p>	<p>3) Talk about community helpers and their roles: mailman, police, doctor, dentist, grocer, gardener, bus driver, teacher, nurse, etc. <b>2.SED</b></p>	<p>4)</p> 
<p>5)</p> 	<p>6) Review the colors with your child; have him/her point to something that is red when you say the word red. Continue with other colors <b>3.LT</b></p>	<p>7) Ask your child to explain to you how to get to and from his/her school, to grandmother's house, and other places you visit frequently. <b>2.SED</b></p>	<p>8) Invite your child to cook with you. Make cookies, quesadillas, or other simple menus. Talk about the ingredients, measures, taste, etc. Allow your child to be fully involved. <b>5.PD</b></p>	<p>9) Name two rhyming words such as cat and hat. Ask your child to think of other words that rhyme with cat and hat. Ask your child to select other words for rhyming. <b>3.LT</b></p>	<p>10) Ask your child to tell you about his/her day at school from beginning to end. Use language such as, first, second, next, after that, the last, end, etc. <b>3.LT</b></p>	<p>11) <b>Repeat a favorite activity from the week.</b></p>
<p>12)</p>	<p>13) Play a word hunt game. Look around the home for words that begin with a specific letter such as "B": bean, ball, boy, butter, bathtub, and so on. How many can you find? <b>5.PD</b></p>	<p>14) Play another word game with your child. You give the beginning sound and ask your child to find something in the room that begins with the sound. <b>3.LT</b></p>	<p>15) Using the lower case alphabet cards you made, ask your child; find the letter you called out. Ask if he or she can tell you something that begins with the letter. <b>3.LT</b></p>	<p>16) Using the upper and lower case alphabet cards you made, select ten sets of letters and ask your child to match the upper and lower case letters. <b>3.LT</b></p>	<p>17) Help your child think of a word that begins with the same sound as his or her name such as "Sam" and "Sun." Do the same for other family members or friends. <b>3.LT</b></p>	<p>18)</p> 
<p>19)</p> 	<p>20) Play a memory game using the alphabet cards you made. Select six sets of letters, turn the face of the cards down, and let your child fish for pairs. <b>1.ATL</b></p>	<p>21) Have your child dictate a letter to you for his/her teacher, telling the teacher what he/she likes best about school. <b>2.SED</b></p>	<p>22) Use 2 sixteen-ounce containers; one tall and one shorter &amp; wider, and a 1 cup measuring cup. Ask your child to predict which one will hold the most water. Ask why - let your child discover that they are the same. Ask why they hold the same amount. <b>1.ATL</b></p>	<p>23) Use colored markers to make a pattern of triangles, circles, squares, and rectangles. Ask your child to duplicate the pattern. Make other patterns and omit one or more shapes, and ask your child what comes next. <b>4.COG</b></p>	<p>24) Use potting soil and seeds to do a planting project with your child. (Beans and grass sprout rapidly.) Talk about what plants need to grow (soil, water, and sunlight). Be sure to water plants lightly each day or as needed and make sure they get sun. <b>4.COG</b></p>	<p>25)</p>
<p>26) <b>Repeat a favorite activity from the month.</b></p>	<p>27) Do a sink float activity with the child. Gather small metal, wood, and plastic objects and a pail of water. Let the child predict whether the objects will sink or float. Ask your child, "Why do you think some of the objects floated and others sank?" <b>4.COG</b></p>	<p>28) Play a community helper clue game with your child. You give clues to describe the role and have your child name the community helper. <b>2.SED</b></p>	<p>29) Pick up a card with the numbers from 1 to 10 and ask your child to tell you what number it is and to show him the number with his fingers. <b>1.ATL</b></p>	<p>30) Count 10 objects one at a time correctly. <b>4.COG</b></p>		

### DEVELOPMENTAL DOMAINS:

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| <p>1. <b>ATL: Approaches to Learning-Self-Regulation</b> (engagement, self-control, curiosity)</p> <p>2. <b>SED: Social and Emotional Development</b> (relationships, social interactions, symbolic play)</p> <p>3. <b>LT: Language and Literacy Development</b> (communication, interest in books, letter &amp; word knowledge)</p> | <p>4. <b>COG: Cognition</b> (pattern, math, science, shapes)</p> <p>5. <b>PD: Physical Development-Health</b> (movement skills, safety, personal care, nutrition)</p> |
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