


# December 2023 Home Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Start/GSRP Center; _____ Child's Name: _____ <div style="float: right; text-align: center;">  </div>						
					<b>1</b> During bath time, talk about the child's day. Talk about what happened first, second or next and last. Objectives 2,9,10,12, 29	<b>2</b>
<b>3</b>	<b>4</b> 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	<b>5</b> Make a kitchen band using kitchen items. March and sing while playing your instruments.  Objectives 4,5,6, 28, 34, 35	<b>6</b> Take turns making faces and guessing how you are feeling.  Objectives 1, 2, 25, 31	<b>7</b> Color with your child and make patterns with different colors of crayons.  Objectives 23, 33	<b>8</b> Read a book with your child. Have your child talk about what's going on in the book with reading.  Objectives 2, 9, 18	<b>9</b>
<b>10</b>	<b>11</b> Help your child find small objects in your home - inside or outside.  Objectives 22, 26	<b>12</b> Have your child draw a picture of themselves, describe themselves, draw yourself and describe yourself.  Objectives 2,7,9,10, 29, 30	<b>13</b> Play with your child and practice asking each other for a toy.  Objectives 1,2,3, 26	<b>14</b> Have your child help match socks after doing laundry.  Objectives 8, 20, 23	<b>15</b> Explore a new food. Find a new food to taste with your child. Talk about the taste and texture.  Objectives 9,11,29	<b>16</b>
<b>17</b>	<b>18</b> Building something together using household objects like books, pans, bowls, and other fun items.  Objectives 4,5,6,7, 26, 28	<b>19</b> Find some fall items that smell good and put them in a bag for potpourri  Objectives 11, 13, 27, 33	<b>20</b> Find objects in the house that start with the letters of child's first name.  Objectives 16, 17a, 18b	<b>21</b> Compare your hands and feet to your child's. Ask your child what is the same or different. Trace them.  Objectives 2,10,12,22, 26	<b>22</b> Take a walk and talk about all the different things you see.  Objectives 9,10,12, 25, 27	<b>23</b>
<b>24/31</b>	<b>25</b> Read a book and count how many of any letter they can find on a page, ie. Ask them to find all the 'a's'  Obj. 17a, 17b, 18a, 20a	<b>26</b> Use heavy paper and cut out a rectangle shape for a bookmark. Encourage them to decorate it, cut it, and put their name on it. Objectives 7a-b	<b>27</b> Tell a story with a grab bag of items. Start with one item and take turns by adding to the story. Obj. 12a, 18c	<b>28</b> Have your child help make dinner. Children can tear lettuce, stir, or use a knife with supervision. Objectives 2,7,8,20,22, 28	<b>29</b> Help your child count an object in your house. Example: How many pens do you have? Objective 20	<b>30</b>

**Please record the total amount of time spent doing the above activities: \_\_\_\_\_ \*By signing I am verifying I completed the stated activity with my child for the amount of time indicated. Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

## 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




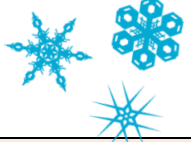

33. Explores the visual arts
34. Explores musical concepts
35. Explores dance & movement concepts
36. Explores drama through action & language

# December



## Get Moving Today!

## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time to practice your jumping skills. Practice jumping far and high – bend your knees, reach for the sky, and land softly.	Go for a walk. As you walk practice other ways to move, skipping, galloping, sliding, and leaping. 	Using a balloon, practice volleying with different parts of your body. Can you keep the balloon in the air using your hand, your thumb, or even your elbow?	Go on an ABC treasure hunt! Move throughout your house finding items that begin with each letter. When you get to an item do a fun movement such as donkey kicks, log rolls, or jumping jacks.	Movement Add On: Working together, create a movement sentence. One person starts by doing one movement, the next person does a new movement, and then do the two movements together. Keep adding new movements.	Enjoy the day by going for a family walk. As you walk together take turns sharing something that is special about your family.	Turn on some relaxing, quiet music as you stretch your body in many different ways. Between each stretch try to relax and breath.
Work on your kicking skills. Kick a pair of rolled up socks from room to room.	Sit with your family and take turns laughing. Try to make your laugh extra special.	Time to roll. Clear out some space in your home and roll from one end to the other. First keep your body as straight as you can, then try it with a bent body.	Roll up some socks and practice your throwing skills - turn, step, throw, follow-through.	Practice your hopping skills! Hop once on each foot, and then hop twice on each foot, etc. Keep on hopping and counting.	Pretend to skate on paper plates. Add some style and some tricks.	Puzzle relay: Put puzzle pieces on one end of the room. Starting on the other side, run, pick up a puzzle piece, run back and start the puzzle.
Find items around your home that make noise. Use these “instruments” as you march through your home in a parade.	Create an obstacle with chairs and blankets. Practice moving under, over and around. 	Visit every space in your home, but each time you get to a space do five jumps as high as you can and then move to the next space.	Sort toys as you exercise. Begin by figuring out how to sort – by color, by size – then make piles on different ends of your home. As you find an object move quickly to the correct pile, hop on each foot five times, and then move quickly back to get another toy.	Use your creativity to make up a new game that uses something from your kitchen. Give your game a funny name. 	Get outside and go for a walk. As you walk breath in through your nose and blow out through your mouth.	Work on your cutting skills and make some paper snowflakes. 
Use the snowflakes from yesterday to make a trail through your home. Can you move through your home without touching the floor and only touching the snowflakes?	Take a run. Work on moving in a straight line, move your arms front and back, and land lightly on your feet. Celebrate winning the race!	Family relaxation activity. Turn the lights off and you lay down on the floor. Squeeze and then relax your muscles. Breathe.	Movement charades: Act out something that has to do with winter. Can anyone guess what you are?	Indoor snowball fight! Make a bunch of paper balls and have fun throwing them far, near, high, low. Pick them up and do it again.	Transportation fun: Begin by identifying a different form of transportation and then pretend to do it. Such as riding your bike, driving a big bus or gliding on your roller blades.	Scatter socks throughout the room. Pretend to walk on a tight rope. When you get to a sock, stand on one foot, bend down and pick up the sock – keep your balance.
Get outside for a game of tag. If you have snow on the ground, this will be extra good for your body.	Pretend to float all through your home like a snowflake falling from the sky - float high, float low, float fast, float slow.	Can you build a tower out of pillows? Practice your underhand throwing skill as you try to knock over the tower.	Pretend to be animals who play in the snow – walk like a polar bear, a penguin, and a seal.	Sit across from your parent/caregiver and practice rolling a “snow ball” back and forth – count to 10 as you roll back and forth, and then move further apart and try it again.	Put mittens on your feet and use them as skates to glide across the kitchen floor. 	What was your favorite activity this month? Give it another try!

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

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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: \_\_\_\_\_

**Distribution:** Return to DMT at least monthly.

## Physical

4. Demonstrates traveling skills
5. Demonstrates balancing skills
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7. Demonstrates fine-motor strength and coordination
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