


November 2023 Home Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Start Center; _____ Child's Name: _____						
			1 Make a kitchen band using kitchen items. March and sing while playing your instruments. Objectives 4,5,6, 28, 34,35	2 Have your child tell you what clothes are for warm weather and what clothes are for cold weather. Objectives 8, 9, 10, 11, 30	3 Color a picture of a rainbow and talk about the different colors. Objectives 2, 7, 8, 10	4
5	6 Have your child draw a self-portrait and describe what they drew and why Objectives 1, 7, 8, 11, 17, 29	7 Point to a body part and say a rhyming word and have your child guess the body part Ex: say 'meg' and point to your leg Objectives 8, 15, 29	8 Put some objects in a mystery box or under a blanket and have your child guess the objects. Objectives 8, 9, 10, 11, 12	9 Talk about your day with your child from start to finish. Objectives 1, 2, 14, 30, 31	11 Use watered down paint, string & paper to have your child create a picture by dipping the string in the paint & swirling in onto the paper Objectives 7, 11, 14, 33	11
12	13 Write/draw out a picture schedule for them on what the plan for their day is tomorrow and reference it throughout that day. Objectives 1, 18, 8, 12, 31	14 Make a card for a friend. Objectives 2, 7, 8, 11, 17, 33	15 Count how many snowflakes you can catch on a dark piece of paper and talk about the shapes of the snowflakes. Objectives 8, 9, 10, 11, 13, 20, 21, 22, 23, 26	16 Create a puppet with your child. Use a sock or a paper puppet at the end of a stick. Encourage your child to tell a story & then act it out with the puppets. Objectives 7, 8, 11, 33	17 Look through family photos. Ask your child what they remember about each photo & tell them what you remember as well. Objectives 8, 9, 10, 11, 14	18
19	20 Ask your child "what would you do with all the toys in the world? What would you do if you didn't have any toys?" Objectives 8, 9, 11, 12, 14, 31	21 Ask your child what they would like to play & play with them without distraction. Objectives 1-36 depending on what was played	22 Have them use their favorite toy to measure their bed or something meaningful to them. Objectives 11, 20, 21, 22, 28	23 Pick one toy & make up a silly song together. Using rhyming words & their name if possible Objectives 8, 9, 15, 34	24 Read a book of their choice. Have them pick out the first and last word on each page Objectives 15, 16, 17, 18	25
26	27 Play in the snow with your child. Make snow angels and snowmen. Objectives 4, 5, 6, 7	28 When driving in the car pick an object for your child to find. Example Christmas lights, American Flags, etc. Objectives 8,9,11,12,14	29 Do a puzzle together. Objectives 2a, 7a, 11a,b, 13	30 Make shapes with your bodies. Talk about the shapes and have a book with shapes so your child can see the shape. Objectives 4, 5, 6, 7, 29		
Parent Signature: _____ Date: _____ Teacher Signature: _____ Date: _____ *By signing I am verifying I completed the stated activity with my child for the amount of time indicated.						
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

November

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make a big circle outside. Practice moving in relationship to the circle. Can you move around it? Can you move in and then out of it? Can you run across it?	Move in opposites – fast/slow, up/down, near/far, big/small.	Practice rolling your body across the floor. Make your body like a pencil and roll, then make your body like a ball and roll. 	Jump over the river. Roll up a towel and put it on the floor. Can you jump over it? Make the towel just a little bit bigger – can you still jump over? How big can you make it?	Set up a few of your stuffed animals. Roll up a pair of socks. Practice throwing the sock ball at the animals. Step at the animal as you throw.	Turn on some music and take turns making up a movement. Play copy cat boogie, by following what each other does. 	Jumping stones: Put a bunch of wash clothes or handkerchiefs on the floor. Can you jump from one to the next? Try to cross the room without touching the floor.
Get outside and go for a walk. Look for different shapes. Can you find a circle, a square, and a triangle?	Can you try to move for two minutes without stopping? What happens to your heart when you do this?	Try skating on some paper plates. Put your feet on the plates and slide around the room, or put your hands on the plates and push them around the room.	Get a laundry basket and practice throwing things into it – try tossing far away and try tossing when you are really close.	Use your body to pretend. Can you move like spaghetti? How about applesauce? How about a melting ice cube? Can you think of something?	Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again.	Play I spy. One person says "I spy _____". And when the other person sees it you both run to it. Next time try skipping or galloping.
Color Find and Move. Have someone name a color, and then your job is to move to something that is that color. Move in all different ways.	Work on your catching skills. Use a soft ball or rolled up socks. Toss it up and catch it. Keep your eye on it as it travels through the air.	Work on moving in relationship to each other. Move side by side. Move front to back. Move under then over.	Work on moving in relationship to each other. Move side by side. Move front to back. Move under then over.	Go to each space in your home and practice hopping on one foot and then the other. Run to a new space and hop again.	Indoor Zoo: Move like an animal through your home. Each time you get to a new space change to a new animal. 	How many parts of your body can you bend? Give it a try!
Go on a shape walk. As you walk, pump your arms and get that heart beating. How many different shapes can you find?	Walk, jog, run – start out by walking one lap around your home. Now jog one lap and then finally run one lap. Which one was harder?	Turn on some music and try to keep moving for an entire song. Check out what it does to the way you are breathing.	Draw a shape on a piece of paper and then try to put your body into that shape. Keep your body still as you hold the shape.	Play a game of Can You? Can you spin on your bottom? Can you jump to the sky? Your turn to create a movement to try!	Practice your jumping skills. Bend your knees, push off the floor, and reach to the sky. How high can you jump? How far can you jump?	Toss a t-shirt in the air, let it land on your head. Toss it again, let it land on your shoulder, your elbow, your tummy or your foot.
Make a set of cards that have a number on each card. Put the cards in a bucket. Draw a card, read the number, then take that many steps together.	Work on walking tall and proud. Can you balance a paper plate on your head as you walk around your home?	Do some outdoor chores as a family. Reach, pull, push and bend. 	Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.	Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.	Balance fun. Try putting four parts of your body on the ground and balancing. How about four other parts? Now try balancing on three parts or even five parts.	What were your favorite November Activities? Do them again! 

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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
6. Demonstrates gross-motor manipulative skills
7. Demonstrates fine-motor strength and coordination
 - a. Uses fingers and hands
 - b. Uses writing and drawing tools