


# September 2023 Home Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Start Center; _____ Child's Name: _____						
					<b>1</b> Celebrate the number 12. Make everything 12 today. Write 12, wait 12 seconds, collect 12 of something, etc. Obj. 8a, 12b, 20a, 20b, 20c	<b>2</b>
<b>3</b>	<b>4</b> Discuss what living things need to survive  Obj. 8a, 9d, 10a, 10b, 11e, 25	<b>5</b> Introduce a new word and use it throughout the day. Write it somewhere for them to see. Obj. 11a, 15b, 16a, 16b	<b>6</b> Practice showing numbers with their fingers. Say a number and have them put up the fingers. Obj. 8a,b, 20a,c	<b>7</b> Build something together out of cups, bowls, pans, toothpicks, etc. Obj. 2a, 6, 7a, 11d, 11e, 28	<b>8</b> Use a paper plate to create a pizza of their choice. Have them cut out or draw their own toppings.  Obj. 8b, 11e, 12b, 14a, 33	<b>9</b>
<b>10</b>	<b>11</b> Mix together cornstarch and water and explore.  Obj. 7a, 11a, 11d, 16	<b>12</b> Create a secret good-bye to use when you are dropping them off somewhere.  Obj. 1c, 2a, 2b, 7a	<b>13</b> Put a couple items on a list and hide them in the house, have your child find them. Obj. 11b, 11d, 12a, 17b, 32	<b>14</b> Take a sheet of paper and make a memory game. Put 8-16 squares, making sure there is a match for each picture you or your child creates Obj. 8b, 17b, 23	<b>15</b> Make letters with your body. Try to spell names and remember what letter is what body shape. Guess what letter each other is making. Obj. 14b, 16a, 21b	<b>16</b>
<b>17</b>	<b>18</b> Read a book and do something with your child that they do in the book. Bring it to life! Obj. 14b, 17a, 18a, 18b, 18c	<b>19</b> Have your child draw a picture of what love feels like to them  Obj. 2b, 8a, 11e, 14a, 29	<b>20</b> Have a funny sock day. Wear different socks and talk about what is different about them and how they are the same. Obj. 8b, 10b, 11c, 12b, 22	<b>21</b> Sing a song together.  Obj. 11a, 12a, 14b, 15a, 15b	<b>22</b> Practice showing numbers with your fingers.  Obj. 20	<b>23</b>
<b>24</b>	<b>25</b> Take turns making and then matching sounds with your tongue. Obj. 2a, 8b, 11a, 15b, 15c	<b>26</b> Compare their hands and feet to yours.  Obj. 11d, 12b, 22, 31	<b>27</b> Ask them what makes them happy. See if it is something you can do over the weekend or at that moment. Obj. 1a, 2b, 8a, 10a, 12b	<b>28</b> Take a look outside and talk about the weather. Is it cold, sunny, windy, etc. Obj. 10a, 10b, 12b, 27	<b>29</b> Find some things that smell good in the house and put them in a bag for potpourri. Obj. 1b, 2a, 7a, 8b, 11d, 12b	<b>30</b>
<b>Parent Signature:</b> _____ <b>Date:</b> _____ <b>*By signing I am verifying I completed the stated activities with my child for the amount of time indicated.</b> <b>Teacher Signature:</b> _____ <b>Date:</b> _____ <b>Please record the total amount of time spent doing the above activities:</b> _____						

## 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


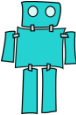



### The Arts

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

# September

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make paper airplanes and practice throwing them – step and follow through toward the target.	Shake your body! Take turns leading a fun dance move to your favorite music. 	Spread wash cloths around the room and jump from one to another.	Staple two paper plates together to make a flying saucer. Go outside, throw it, run to it, and throw it again	Pretend to be robots and walk through your house, keeping your body stiff and straight. 	Make a set of shape cards. Pick a shape, find something that is that shape and run as fast as you can to touch it.	Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest? Which is the closest?
Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.	Clean Up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, and crab walk the item to a new spot.	Make two sets of ABC cards. Spread a few letters out on the floor. Collect the same letters from the other pile. Hold up a letter and identify a way to move - <i>gallop to the get the P</i> or <i>crawl to get the S</i> .	Practice walking with style today – walk happy, walk scared, walk angry, walk shy. Think of your own ways.	Use the shape cards from the 6th; put a number on each shape and spread the cards out on the floor. Move to a shape, read the number and jump over it that many times.	Stretch out on the floor and then curl, bounce, freeze, twist, stretch and bend your entire body.	Walk around the house three times – first fast, second backwards, and third like your favorite animal.
Using your ABC cards, spread out a few letters. This time use rolled up socks to work on underhand tossing to the correct letters.	Go for a walk and look for things that begin with different letters of the alphabet.	Using your entire body, make up a handshake with each person in your family – try to really add a lot of movement.	Collect 10 stuffed animals and put them in a line on one side of the room. How fast can you move one at a time to the other side of the room?	Again using the ABC cards, make a trail throughout the house or outside. Jump or hop or leap to each letter as you say its name.	Sit facing each other and roll a ball back and forth.	Point to something outside, say the object's name, and move to it as fast as you can. When you get there rest and then find something else.
"What am I?" Take turns moving like something as the other person copies and guesses what you are.	Do three with me! Wiggle, reach, and touch the floor. Touch your nose, lay on the floor, jump really high. You make some up.	Move to every room in your home and jump five times. Remember jumping is two feet!	Go for a color nature walk. Can you find fall colors?	Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.	Build an obstacle course outside – run, jump, crawl, and climb. 	I spy something red! Take turns saying, "I spy something ____" and then together run to that object.
Practice skipping. Step-hop-step-hop.	Practice your kicking skills. Can you kick far and near?	Find a stick and pretend to be in a parade as you move outside. 	Get outside and practice your running. Pump your arms forward and backward. Feel your heart!	Go on a walking nature scavenger hunt, looking for signs of fall.	Yell out a body part and see who can touch that part to the floor the fastest – without falling down.	Go back and do your favorite activity from 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: \_\_\_\_\_

**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