

Arrowhead Early Head Start and Head Start
At Home Activities
August (Math)

You are the first and most important teacher in your child's life. You are helping your child learn everyday by talking, reading, playing, and interacting together. Try some of the fun activities listed on the back of the form with your child. Activities are listed in order of developmental levels, starting with activities for pregnant mothers, infants, toddlers, preschoolers, and then kindergartners. Not only are you helping your child learn by reading books and completing fun activities together, you are also earning In Kind for our program. In Kind hours equals federal dollars that help run our program.

- Please complete this form and give to your child's teacher before the end of the month.

Child's Name _____ Site _____

Parent/Family Name (**Printed**) _____ Signature _____ **Total Hours** (all activities-both sides) _____

Parent/Family Name (**Printed**) _____ Signature _____ **Total Hours** (all activities-both sides) _____



August Monthly Book List
Language, Literacy, & Communication

Write the title of any books that you read with your child
and how many times on each line below.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

*Each book = 15 minutes of In Kind

At Home Activities
August (Math)

- Please write down how many times you completed an activity on the lines below.

Prenatal Mothers– Neighborhood Walk: (15 min) **Number of times activity completed:** _____

Get outside and go for a walk on a nice day. Walk around your neighborhood, find some walking trails, or search for a nearby park to go to once baby is born. Getting out and going for a walk is a great way to stay healthy during your pregnancy. Try to walk a little further each time you go. How did you feel before and after the walk?

Tracking with Eyes: (15 minutes) **Number of times activity completed:** _____

Show your baby a bright rattle, ball, or toy. Hold the item about one foot from his/her face. Move the item slowly back and forth, and up and down. Does your baby move his/her eyes and follow the item as you move it slowly?

Nature Collection: (15 minutes) **Number of times activity completed:** _____

Collect objects outside with your child such as leaves, flowers, sticks, or rocks. Let your child place the items in a container. Let your child explore the items, picking them up and putting them back in the container. Ask your child what each item is called. Name the item for your child if he/she does not know and talk about the item.

Get the Bubbles: (15 minutes) **Number of times activity completed:** _____

Blow bubbles outside for your child. Homemade bubbles can be made with water and dish soap. The wand can be a cookie cutter or strainer. Encourage your child to get the bubbles and try to pop them. Count the bubbles as your child pops them. Does your child say a number?

Shape Hunt: (30 minutes) **Number of times activity completed:** _____

Walk through your house, neighborhood, or store searching for shapes. Talk about and show your child what shape you are hunting for. Name the shape each time your child finds one. “You found a circle. The clock is a circle.” How many shapes was your child able to find? Did your child name the shapes?

Number Hunt: (30 minutes) **Number of times activity completed:** _____

Write the numbers 0-9, each on a separate piece of paper. Make the pieces of paper small enough to fit into a brown paper bag. Place the 10 individual pieces of paper in the brown bag. Have your child reach in and pull out one piece of paper. Ask your child if they know what the number on the paper is. If they don’t know, tell them what the number is. Now move around your house helping your child find that number. Good places to look are oven dials, computer keyboards, clocks, remote controls, alarm clocks, or cans of food.

Measure Me, Part 1: (30 minutes) **Number of times activity completed:** _____

Take a piece of yarn or string and measure your child from head to toe. Now, move around your home looking for other items to measure. Take your yarn or string that you used to measure your child and use it to compare. Ask your child, “Is the chair taller or shorter than you?” What’s the tallest item your child found? What’s the shortest item your child found? If you have enough yarn or string, together measure and cut the lengths of those items. Then place all the cut yarn or string pieces out and sort them by tall, taller, and tallest and then by short, shorter, and shortest.

Measure Me, Part 2: (30 minutes) **Number of times activity completed:** _____

Using a measuring tape, measure your child. Then have your child measure items around the house. Don’t have a measuring tape? Use a block, shoe, or box to measure. How many blocks tall is your child? How many blocks tall is the chair? Which item is the tallest?



Thank you for helping support your child’s development and our program!