

Arrowhead Early Head Start and Head Start
At Home Activities
January (Creative Arts – Art, Music, Movement, and Pretend Play)

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) _____



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

Prenatal Mothers–Soft, Relaxing Music: (15 minutes) **Number of times activity completed:** _____

Soft music is extremely relaxing and can help reduce your stress level. Your unborn baby can also calm and quiet to soft music. Play some of your favorite relaxing music. How did the movements of baby change?

Exploring Textures and Colors: (15 minutes) **Number of times activity completed:** _____

Find objects and toys with different colors and textures such as blocks, fabric/cloth, rattles, or balls. Set them by your baby and let him/her look, touch, and mouth the objects. (Make sure nothing is too small that your baby could accidentally choke on.) What colors and textures does your child like to look at, touch, or put in their mouth?

Copy Cat: (15 minutes) **Number of times activity completed:** _____

Sit with your child face to face. Make different faces, movements, or sounds. Have them try to copy you by doing the same thing back. Try clapping your hands, pointing to different body parts, making animal or vehicle noises, or making silly faces. What faces, movements, or sounds did you do with your child? What are the things they like to copy?

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

Gather boxes, blocks, containers, plastic bowls or cups, and anything else you could use to stack. Build and create using the assortment of materials with your child. What are some things you and your child built together? What materials did you use?

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

Talk to your child about how a “statue” is always still. Pretend that everyone turns into a statue whenever the music stops. Dance or move around with your child while the music is on...then stop the music. Stop and freeze like a statue. Start the music and dance together again. Continue the game.

Steady Beat: (15 minutes) **Number of times activity completed:** _____

Play some of your child’s favorite songs. Encourage your child to bang on a bowl or box to the music. Then try stomping, clapping, and dancing to the music. Encourage your child to sing along to the music as he/she does the movements. Does your child keep a steady beat to the music? Does your child sing along using the correct words?

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

Ask your child to make a picture of your family. Talk about all your family members including any pets. Ask questions and talk about the picture. “Tell me about your picture.” Talk about any details of the picture you notice such as, “Baby has a smile on his face. Is he happy?” “You drew eyes on Daddy. Now he can see.” What details do you notice in your child’s picture? Do people have arms and hands, legs and feet, or mouths with teeth?



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