

Arrowhead Early Head Start and Head Start  
At Home Activities  
July (Physical Development & Health)

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) \_\_\_\_\_



**July 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

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

**Prenatal Mothers– Walk:** (30 minutes)

**Number of times activity completed:** \_\_\_\_\_

Take a walk through your neighborhood, through the mall, anywhere you can. Get out and walk. Exercise such as walking can relieve backache, prevent varicose veins and may help make childbirth easier. Remember to stretch before and after you walk and drink plenty of water.

**Blanket Play:** (15 minutes)

**Number of times activity completed:** \_\_\_\_\_

Lay your baby on a blanket indoors or out. Set a few different objects close by for them to look at and try to grasp. Which objects did she spend more time looking at or playing with?

**Ball Play:** (15 minutes)

**Number of times activity completed:** \_\_\_\_\_

Sit across from your baby either outside or inside. Use a ball, or even a crumpled up piece of paper, and roll the ball to baby. Encourage baby to roll the ball back to you. Talk with your baby as you play together, “Here comes the ball.”, “Are you ready for the ball?”, or “Daddy has the ball.” What did your child do with the ball?

**Follow the Leader:** (15 minutes)

**Number of times activity completed:** \_\_\_\_\_

Play follow the leader with your child to have them move their bodies in different ways, you could march, jump, put your arms out like an airplane. Have your child lead the way and follow them.

**Freeze Tag:** (30 minutes)

**Number of times activity completed:** \_\_\_\_\_

Play freeze tag together outside or inside. You will need at least three people to play this game. Have everyone run and you try to tag them. When the person is tagged, they stand still as if they are frozen until another player tags them free. Each time you play, have everyone try a new movement such as hopping, skipping, or galloping.

**Ball Kick:** (30 minutes)

**Number of times activity completed:** \_\_\_\_\_

Roll the ball to your child. Encourage him/her to kick the ball. Continue to roll the ball to your child over and over again. Once your child is able to kick well. Try to have your child kick the ball into the “net” such as a laundry basket or box set on its side.

**Healthy Kids:** (30 minutes)

**Number of times activity completed:** \_\_\_\_\_

Talk with your child about healthy food choices and how healthy foods helps our bodies grow. Ask questions such as, “why is an apple healthier than potato chips?” Have your child draw a pictures of different healthy foods. Ask your child why those foods are healthy for them.



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