

Arrowhead Early Head Start and Head Start  
At Home Activities  
June (Social & Emotional Development)

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) \_\_\_\_\_



**June 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  
June (Social & Emotional Development)

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

**Prenatal Mothers– Dear Baby:** (15 min)

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

Write a letter or message to your unborn child by using words, drawing pictures, or even using photographs. You can write about what you are feeling, your dreams and wishes for your child, or what your family is like. Write about whatever comes to mind. Have other members in the family write or make a message for baby as well.

**Emotions:** (15 minutes)

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

Your baby is telling you how they are feeling by different cries, sounds, making different faces, and by how they move their body. Watch and listen to how your baby is telling you how they feel. What have you learned by watching your baby?

**Showing Independence:** (15 minutes)

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

Your child is learning how to do some things by themselves. Let your child be independent and do simple tasks during the day. You could let your child hold their clean diaper while they are being changed, turn the water on and off to wash their hands (make sure to test the water temperature), get their shoes to go outside, or throw some garbage away. What tasks did your child try?

**Mirror Emotions:** (15 minutes)

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

Look in the mirror with your child and make happy, angry, sad, scared, and silly faces together. Talk to your child about these different faces and feelings, and why we sometimes may feel these ways. What faces did your child make and what feelings did he/she say the faces were?

**Playdough:** (30 minutes)

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

Explore playdough with your child. Playdough can be a fun stress reducer for adults and children. During play, talk with your child about their feelings and emotions. Talk about reasons for those feelings and what things your child could do when they feel sad, mad, or scared; and what makes your child feel happy or silly. You could use the play dough to make happy, sad, or other faces. Ask your child why the face is happy/sad. Does your child name a reason? If you would like to make your own playdough, you could try this recipe. Mix the following ingredients together: ▫ 1 cup water ▫ 1 1/2 cups salt ▫ 4 cups flour ▫ a few drops food coloring ▫ 2-4 tablespoons cooking oil

**Routines:** (30 minutes)

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

Create a daily routine for each day. Every family's routine will be different. Having a routine will help your child learn what to expect next and can lower unwanted behaviors. Talk to your child about what you are doing now and what will be next. "After we brush our teeth, we will read a story." Let your child know the activity is changing before it changes. "In 2 minutes we will clean up our toys." Try to keep the same routine each day. After time, your child will learn the routine. Can your child name parts of the routine such as what happens after bath time or dinner? Does your child remind others of what comes next in the routine?

**Play Together:** (30 minutes)

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

Ask your child to help you plan a "play date" with a friend, neighbor, or family members around their age. If you don't know any other children, you could take your child to the park or children's library to meet a new friend. Make a list of fun things they might want to do together, such as build a fort, create and complete an obstacle course, or play catch. Tell your child that when their friend or family members come over, he/she can suggest those activities. Help your child ask if that's what everyone else wants to do. They should learn how to play together, take ideas from their friends, and learn how to share stories and ideas.



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