

Arrowhead Early Head Start and Head Start  
At Home Activities  
March (Social Studies)

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) \_\_\_\_\_



**March 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- Baby Predictions:** (15 minutes)      **Number of times activity completed:** \_\_\_\_\_

In your journal, draw a picture of what you think your baby will look like. Write about how you think your baby will act, who they will look like, and why they will be special.

**Showing Baby Something Interesting:** (15 minutes)      **Number of times activity completed:** \_\_\_\_\_

Hold your baby where she can look at interesting objects and talk to him/her about what the objects are. Baby's love looking at items that have contrast in color, such as dark curtains or ceiling fan on a light wall. What did your baby enjoy looking at most?

**Find the Toy:** (15 minutes)      **Number of times activity completed:** \_\_\_\_\_

Place a toy in front of your baby and cover it up with a blanket or cloth. Ask your baby where the toy went. If your child doesn't respond, lift a part of the blanket or cloth and show him/her the hidden toy and cover it once again. Encourage your baby to find the toy. Did your child move the blanket or cloth and discover the hidden toy?

**Mirror Play:** (15 minutes)      **Number of times activity completed:** \_\_\_\_\_

Show your child his/her image in the mirror. Talk about the child in the mirror. Talk about the color and type of clothing the child is wearing, the child's hair or eye color, and point out and label the child's body parts. Then ask your child who is in the mirror. Who does your child say is in the mirror?

**Role Playing:** (30 minutes)      **Number of times activity completed:** \_\_\_\_\_

Talk with your child about different people in the community and take on a role during play. You or your child could be a doctor by using an empty paper towel roll to look in eyes or listen to a heartbeat. Using a few empty boxes or ones from the kitchen you could be a teller at a grocery store, take turns being the teller or being shopper. What other roles could you take on with items around the house?

**Draw a Map:** (30 minutes)      **Number of times activity completed:** \_\_\_\_\_

With your child draw a map of a familiar place, such your home or even just one room. Talk with your child about the different points on the map and see if they can tell you where items are. Later you can return to the map and ask them to tell you about what is on it or have them create their own map.

**Lead the Way:** (30 minutes)      **Number of times activity completed:** \_\_\_\_\_

Have your child show you around a familiar area, could they lead you out of your apartment building or to the milk in the grocery store? Bundle up and go for a walk outside. Have your child show you around your neighborhood or lead you to the park. While in the car have them tell you which way to turn to get to a familiar place, such as to the store or home from a friends.



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