

# MARCH 2026

## EARLY HEAD START 12-18 MONTHS FAMILY ENGAGEMENT HOME PROJECT

Childs

Name: \_\_\_\_\_

Site: \_\_\_\_\_

Class #: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_



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LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
1. Play with empty tubes (wrapping paper, paper towel, toilet paper, etc.) Show you child how to drop small pom-poms thru. Pull scarves through. Roll them on the floor. Drive cars through. Explore different ways to use them.	2. Cut a slot in the top of a plastic tub (yogurt, sour cream, butter). Cut shapes in different colored paper. Say the color or shape of the paper and then have your child put it through the slot. Dump them out and start again.	3. Scotch tape some of your child's small toys to a board or hard floor. Show them how to peel the tape off then have them try.	4. Paint using water on construction paper. Use brushes, fingers or sponges. If you want add food coloring too. Share picture with teacher.	5. Play with empty tubes (wrapping paper, paper towel, toilet paper, etc.) Show them how to drop small pom-poms thru. Pull scarves through. Roll them on the floor. Drive cars through. Explore different ways to use them.	6. Put 2 colors of paint in a plastic bag. Tape the bags to a window or place them on the floor. Let your child use their finger to move and mix the paint. Make shapes, talk about the mixing colors, or make faces.	7. Make a sensory bottle. Have your child place whatever filling you want such as shells, rocks, sticks, Legos, rice, etc. Add glitter, water and baby oil. Securely glue the top on. Shake and explore.	
20 Mins	30 Mins	1 HR	30 Mins	20 Mins	20 Mins	1 HR	
8. Create. DIY Board Books. Print real-life pictures (family, animals, food). Glue onto thick cardstock. Laminate or cover with clear contact paper. Bind with binder rings. Label pictures with one simple word (e.g., "Dog").	9. Cut out donut circles out of paper and use a paper towel roll and tape it to a plate. Spread out the circles and model on placing the circle in the tubes.	10. Play a game of animal action. Name different animals to imitate. Try and make the sounds and practice the movements of that animal with your child. Be silly!	11. Start with a cupcake pan, then tape balls or toys in some of the slots. Place in front of your child and see their problem solving and fine motor skills.	12. Have your child pick a couple of their favorite puzzles. Sit and work together. Encourage your child as they turn and twist their hands to make pieces fit. Celebrate their accomplishments!	13. Make a drawing board. Put salt, cream of wheat or sand on a baking sheet or tray. Show your child how to draw with a Q-tip or their finger. You can also use cookie cutters to make shapes.	14. Create a Treasure Box. Fill a cardboard box with: Wooden spoon, large silicone whisk, soft brush, large fabric scraps. Allow child to touch and explore what is in the box. Make sure to name each object to support language development.	
1 hr	30 Mins	20 Mins	30 Mins	20 Mins	30 Mins	1 hr	
15. Cut a paper towel roll into smaller circles. Use a paper towel holder and show your child how to put the circles on like a stacking tower. Count how many you stacked.	16. Make a feeding box from a tissue box. Put some paper over the outside and draw an animal face (dog, cat, dinosaur, etc.). Cut a small hole where the mouth is and practice "feeding" the birds with cheerios, blueberries, rice etc.	17. Make moon sand with flour and baby oil. Mix ingredients in a bowl or pan. Add some measuring cups so your child can practice filling and pouring.	18. Get some letters and Play-Doh. Sit and let your child make the letter imprints or cover them up with the dough. As they play, say the letter and its sound. Find a word that begins with that letter.	19. Grind cherrios cereal, gather some cups and funnels. You can pour it in a container and have your child play in the edible sand.	20. Encourage your child to play with a ball. Practice kicking motions, rolling and throwing. See which one they like best. Take a picture and share with teacher.	21. Make a cardboard house. You can make a large one that your child will fit in or a small one for their stuffed animals or dolls. Cut windows and a door. Then let them decorate the outside with crayons, stickers or paint.	
20 Mins	30 Mins	30 Mins	20 Mins	20 Mins	20 Mins	1 HR	
22. As you play with your child, take a toy or safe object and hide it as they watch you. Ask them, "Where is it?" and let them find it. Then ask them if they can hide it and you find it. Create a cheer to use when each of you finds the toy and keep taking turns.	23. Create a "touch basket": Add the following items. A soft sock A wooden spoon A cool metal spoon A squishy sponge Allow child to touch and explore what is in the basket. Make sure to name each item.	24. Use an empty can with a lid and use a hole puncher to make holes on the lid. Use straws and watch your child explore, you can also help navigate.	25. Use the bottom of a plastic container from yesterday, some ping pong balls and an ice cream scoop. Encourage your baby to use the scoop to get each of the balls and drop them into the container. Then dump them out and try again.	26. Homemade wagon: Attach a string to a shoebox. Show your child how they can pull the string to move the box. Put light items in and ask your child to help you move things from room to room.	27. Tear up tissue paper into small pieces and hide animals underneath it. When your child finds each one, practice saying the name and the sound it makes. You can also do a tickle attack by each animal to make it a game.	28. Create a pouring and washing tub with your child using a large plastic bin. You can add small plates, cups, measuring spoons, animals, sponges, etc. Add some water and splash around!	
20 Mins	1 hr	30 Mins	20 Mins	30 Mins	20 Mins	30 Mins	
29. Create a Simple Shape Drop Box. Use a sturdy plastic container with lid. Cut 1-2 large shapes (circle, square) on thick cardboard. Demonstrate once by throwing shape inside. Use simple language ("In." "Out."). Encourage repetition	30. Put multiple lines of tape in different directions and sizes on a canvas or paper, then let your child finger-paint using different colors. Once it dries you will have a beautiful masterpiece!	31. Play a popcorn game. Get one of your child's small blankets and some pom-poms or small balls. Shake the blanket so the balls bounce. Sing "Popcorn, popcorn. Pop! Pop! Oh, Dad!" When all the balls have burst, ask your child to pick them up and play again.					
1 hr	30 Mins	30 Mins					