APRIL 2026

EARLY HEAD START 18 – 36 MONTHS

FAMILY ENGAGEMENT HOME PROJECT

Childs Name:_____

Site: _____

Class #:_____

Teacher Signature: _____

Volunteers of America® LOS ANGELES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
			1. Find an open area. Have your child raise their arms “high” and bring them down “low.” Repeat the actions.	2. Draw a line on ground. Take several steps “forward” and several steps ‘backwards.” Hold child’s hand if needed.	3. Using a mirror, let your little one stand in front and move the “top” of his/her body (head, shoulders, arms, chest).	4. Look at photos of your child. Help him/her identify the space around them. Find the top, bottom, front, back, side, etc.	
			15 Miins	15 Mins	15 Mins	30 Mins	
5. Play a game of rolling a ball “under” and “over” a table.	6. Use plastic containers or small boxes lying around the house to stack them as “high” as you can.	7. During bath time, you’re your child raise his feet “above” water, then “below.”	8. Draw a hopscotch on the ground. Model to child hopping “in” and “out” of each square.	9. Create a song/chant using directional words like, forward, back, left, right, etc. Write it down and share with your teacher.	10. Create a song/chant using positional words like, above, below, up, down, high, low, etc. Write it down and show your teacher.	11. Create a game of clap your hands “high,” and clap your hands “low.”	
15 Mins	30 Mins	15 Mins	30 Mins	30 Mins	30 Mins	15 Mins	
12. Have your child help you find things which belong “inside” the house and things which belong “outside” the house.	13. Find a cozy area in the house to rest with your little one after a rigorous play. Have him/her find cozy items to enhance the resting area.	14. Draw a circle on paper. Use market ads to cut out fruits to glue “inside” the circle and vegetables to glue “outside” the circle. Share with your teacher.	15. Play a game of tip toeing “around” a tree. Help child count his steps and identify the direction he is going. You’re your child’s hand to help him go “around.”	16. Use a pillow to hold “near” and “away” from your body. Help your child repeat the actions. Use the positional words to guide him/her actions.	17. Let your child submerge feet in small amount of water. Have a conversation about what is happening to their feet	18. Create a dance routine in which the child can move forward, back, around, jump low, jump high, etc. Let him/her choose the music. Have family join in.	
30 Mins	15 Mins	30 Mins	15 Mins	15 Mins	15 Mins	30 Mins	
19. Have family join in creating a book about positional and directional words. Share with your teacher or peers.	20. Enjoy a music and movement activity using freestyle moves. Have your child choose the body movements.	21. Create a box in which you and your child can collect items you can wear on “top” of your head.	22. Create a box in which you and child can collect items found “under” table, chairs, bed, etc.	23. Children collect safe natural materials (leaves, grass, small sticks, flower petals). Glue onto cardboard or thick paper to create a texture board.	24. Create Sticky Contact Paper Wall Art Tape clear contact paper (sticky side out) to wall. Provide tissue paper, fabric scraps, or foam shapes.	25. Create Emotion Faces Plate Craft Discuss feelings: “You made a happy face. What makes you happy?”	
1HR	30 Mins	30 Mins	30 Mins	1 Hr	30 Mins	30 Mins	
26.Plant a Seed With Family. Plant a bean seed in a clear cup. Let child help water it. **Bring Back Option:** Take a photo OR bring the plant You can measure growth in class (math connection).	27. Create a Weather Chart For 3 days, look outside together. Draw a simple picture each day: ☀ Sun ☁ Cloud 🌧 Rain Let your toddler scribble and you label it.	28. Create a Family Portrait using paper and crayons and write down what your child said they drew.	29.Create Flower Petal Smash Art Collect and Place flower petals or leaves between two pieces of paper. Gently press or tap (with supervision) to create natural color marks.	30. Create Butterfly Color Art Put paint on one side of paper. Fold paper. Open it to see butterfly wings!			
30 Mins	30 Mins	30mins	1 Hr	15 Mins			