

JANUARY 2026

EARLY HEAD START 18 - 36 MONTHS

FAMILY ENGAGEMENT HOME PROJECT

Childs

Name: _____

Site: _____

Class #: _____

Teacher Signature: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
				1. Fill a plastic bin with a few inches of dirt. Hide several plastic bugs in the dirt. Make sure you count how many you have hidden so you know how many there are to find. How many bugs you found? Are they the same or different? How? How does the dirt feel?	2. Gather a variety of paper. Invite your child to tear the paper into small pieces. Talk about the colors and shapes of the paper. Encourage your child to use a little bit of glue to arrange the torn paper into a creative work of art.	3. Two balls of different sizes, talk about the words "big" and "little." Help your child identify which ball is big and which is little as you play. For example, ask your child to roll the big ball to you. Then ask your child to throw the little ball to you.	
				30 Mins	30 Mins	30 Mins	
4. Get your toddler exploring more about their hands and what fits inside them with this simple activity. All your child will need to do is draw an outline of their hand and see how many things they can fit inside! Ask: How many objects fit in your hand?	5. Set up the line, using sidewalk chalk, create a number line on your driveway or sidewalk where your child can easily hop or run between the number zero to five.	6. Look at a mirror with your child. Name different body parts and have child point to them and repeat the name. Cut different pictures of body part and have child paste on paper.	7. Talk to child about rainy weather. Cut out shapes that resemble puddles. Child can color them. Place them spread out on floor/ practice jumping from one to the other.	8. Introduce new healthy foods by inviting your child to participate in cooking with you! You can let your little one help with counting, scooping, pouring, stirring, and even cracking eggs.	9. Talk about safety with child. Make tree separate signs; green, yellow red and cut into circles. Label green (go), yellow (slow), red (stop) then play game where child moves according to what color adult shows child.	10. Invite your toddler to join you for a basketball game of throwing socks into the basket. Each time your child throws the ball toward the basket in an attempt to get it in, your child is using a combination of strength and coordination.	
20 Mins	20 Mins	30 Mins	20 Mins	30 Mins	30 Mins	30 Mins	
11. Make your own ice table! Sensory activity. Place ice in a large container and have child play with cups and plates. Ask child, "how does it feel? What happens if we hold it in our hand?"	12. Bubble wand! You need 1 cup of water; 2 table spoons of corn syrup and 4 tablespoons of soap. Make your wand out of any recycling materials you can find at home. What will happen if we put the wand in the mixture? Instead of water what else can we use?	13. Take a walk around the park or around your neighborhood. Have child draw/scrabble of the things they observe. Write child's words on the paper and take a picture and show your teacher.	14. Fine motor skills: Use a string or yarn to lace cereal through it, you can even use pretzels. Count how many you laced!	15. From a recycling box, make a car by decorating. Invite your child to be the driver. Ask, "Where would you like to go? Do you want to go fast or slow?" Follow your child's imagination to keep the conversation and play going! (Vocabulary: wheels, windows, steering wheel, brakes.)	16. Collect and make different size blocks out of recycling materials. Have child decorate the block with you and build together. Model words as you are building with your child and have him repeat. Ex. high, tall, short.	17. Wash the dishes. Talk to your child about chores then in a bin filled with water and soap, place play food/dishes or other toys for your child to wash. Talk about importance of keeping our toys cleaned.	
30 Mins	30 Mins	30 Mins	20 Mins	30 Mins	30 Mins	30 Mins	
18. Use any type of tape you have at home and draw lines, straight, zigzag and curvy. Have your child practice balancing and movement coordination as he follows the different types of lines.	19. Using old clothes, make doll clothes for a paper person and have child talk and name the different garments she/he is choosing to put on the doll. Ex. Shirt, pants, socks, dress, jacket. Take a picture of child doing activity.	20. Classification: Help child cut out different shapes. Color them. Trace each shape on a larger paper or cardboard. Practice matching shapes to the shapes in the cardboard.	21. Ask your child to help you scout out household items that can make music: pots, pans, spoons, plastic containers. You can extend the activity by making your own recycling music instrument. Take a picture and show teacher.	22. Grab a crayon and napkin to encourage your toddler's early drawing skills. Make a game of drawing lines, crosses, and circles on paper and invite your child to imitate you. Be patient and keep it fun!	23. Fine motor: Cooking experience. Place yogurt in a small bag. Make a small hole and have child squeeze product on wax paper. Place in freezer for 1hr. Talk about the texture of them and enjoy!	24. STEAM Activity: Build a ramp using recycled cardboard. Child can roll down balls/cars or experiment with other items. What goes fast? What goes slow? What didn't roll down?	
30 Mins	1 hr	30 Mins	20 Mins	20 Mins	20 Mins	30 Mins	
25. Social emotional: Make a puppet out of a paper bag or old sock. Make a name for puppet and talk about different feeling ex. Sad, happy, excited. Bring to class to share.	26. Continue social emotional: Make a collage and classify pictures of people showing different emotions. Use newspaper, magazines, or anything else in your home.	27. Use chalk, draw lines and curves on the floor and walk with child following the lines and curves.	28 Using your child's own clothing is the perfect way to build vocabulary and self-awareness. Show your child two shirts. Say something that describes each one and then ask your child to add to your descriptions. Ask your child which is his or her favorite shirt today and why.	29. Using coffee filters umbrellas, markers and water, the children will explore colors and build a one-of-a-kind creation that's as educational. Ask What color should we use next? What will happen if we spray the paper with water?	30.. Umbrella bean Bag toss. Open an umbrella and set on the floor, practice gross motor coordination by tossing rolled up socks, paper ball, or bean bags. See how many you can make inside the umbrella. Talk about times when we use umbrellas	31. Go for a walk and look for leaves. After placing leaves and food coloring in water, watch the leaves magically transform by changing colors before your very eyes. What color you want the leaves to be? Where do leaves grow?	
30 Mins	30 Mins	30 Mins	30 min	30 min	30 min	30 min	

