FEBRUARY 2026

HEAD START 3-5 YEARS

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. Use a magnet to fish for hidden metals. Tie a string to a magnet and wave it on the ground as you walk. Discuss your findings.	2. Glue a stick standing in the center of a plate. Put in the sun. Mark where the shadow is. An hour later check where's the shadow. Explain planet movement.	3. Read aloud (YouTube) book The Family Book by Todd Parr. Ask questions and provide family similarities to the story	4. Search for nature items around your yard. Fill half a container with water. Predict with child if the item will sink or float. Take notes on findings.	5. Write Sink on the left side of a paper and Float on the right. Use items from Monday's experiment and have your child attach/glue the items to the correct area of the paper graph.	6. Fill a small cup halfway with water and add food coloring if available. Ask your child to pour a little bit of oil into the same cup. Discuss the results.	7. Wednesday & Friday's results were due to Density (Mass and compactness). Research density with your child and have them tell you what density means.	
30 min	30 min	30 min	30 Mins	30 Mins	30 Mins	30 Mins	
8. Read Who Sank the Boat (Library book or YouTube). Listen for clues in the story to find if your child can guess who sank the boat. (Ask questions)	9. Take a lemon or orange and place it in a cup of water. Ask, did it sink or float? Now remove the peeling and ask, will it sink or float? Explain the peel has air like a floaty.	10. Gather small rocks from outside. Wash them to remove germs. Ask your child to display their proper hand washing technique at this time.	11. Use your clean rocks as counters. Write numbers 1, 2, 3, etc. on a paper. Have your child associate the amounts of rocks to the written number.	12. Play a game of balance with your child. Take turns stacking the rocks on top of one another until the rocks fall. Ask, "Why do you think they fell? Explain what balance means. Try again.	13. Decorate a rock using paint, glue, stickers, etc. Brainstorm possible creations with your child. Take a picture to share with others at school.	14. Using stickers or markers, label your rocks with their color(s). Ask your child to say the color of the rock. (focus on the beginning letter sound).	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
15. Research the makeup of your rocks, and explain to your child that rocks are made of different material. Ex. Cement, lava, lime, etc. What material do you see?	16. Choose a book on rocks such as, If Rocks Could Sing. Ask questions to find level of understanding. Then try to find hidden images on your own rocks (Free on YouTube)	17. Take turns with your child playing I Spy with my Little Eye. Provide hints at what you're spying on while the other is trying to guess what it is.	18. Play a game of Scavenger Hunt at home. Example, "I need a thing that scoops up food like a little shovel." Child will hunt for an item at home.	19. Mix different types of eating utensils on the table. Have your child separate the utensils into categories (Spoons, forks, etc.). Ask questions to find the categories they chose and why.	20. Use a banana/fruit. Ask your child how many pieces they want. Have the child count out amounts on their own or with you. Try a math problem. Ex. 4-1=?	21. Create a design with glue on a paper. Sprinkle rice onto glue and shake off the extra from paper. Ask child to describe the art. Write responses on paper.	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
22. Read aloud the story, The Gingerbread Man (Library or YouTube). Ask questions; Why do they want to catch him? Who will catch him? How?	23. Experiment with a sponge. Place water on table. Wipe it up with sponge. Ask, "where did the water go?" Explain Absorbed. Research other items that can absorb.	24. Discuss what a family is comprised of. Ask the child to name different persons in their family and their role. Ex. Roy is my Dad.	25. Have your child draw a family portrait. Ask them to describe each family member drawn. Write what is said onto paper.	26. Create a family tree. Start with Grandparents at the bottom, then parents in the middle, and children up top. Allow child to draw members.	27. Have a conversation with your child about different family members and ask what they like/dislike about each.	28. Create a boys and girls family graph. Display how many girls and how many boys? Ask, are there more girls or boys in our family?	
30 Mins	30 Mins	30 Mins	1 HR	1 HR	30 Mins	30 Mins	