

SEPTEMBER 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.Fill a shallow bin with dry leaves, soft cloth pieces, and paper. Let child touch, squeeze, and dump materials. Narrate: "soft," "crunchy," "rough."	2.Give child paper to tear (assist as needed). Show how to glue pieces onto paper. Talk about colors and textures while creating. Take a photo	3.Fill sealed bottles with rice, beans, or beads. Let child shake, roll, and listen to sounds. Say "loud," "soft," "shake."	4.Sit with child in front of mirror. Make faces (smile, open mouth, clap). Encourage imitation and naming body parts.	5.Use cups, bowls, and spoons in a tub of water. Let child scoop, pour, and splash safely. Talk about "full," "empty," "wet."	
		20 Mins	30 Mins	30 Mins	20 Mins	20 mins	
6. Walk outside and let child pick up safe items (leaves, sticks). Point out trees, grass, sky. Encourage pointing and simple words.	7. Glue soft materials (cotton, fabric, paper) onto paper. Help child press items down. Label: "soft," "bumpy," "smooth."	8.Use washable paint on paper. Let child finger paint freely. Name colors: red, yellow, orange. Display artwork after.	9. Use blocks or toys. Show how to group by color. Help child place items in piles while naming colors.	10.Dip leaves in paint and press onto paper. Let child help dip or press. Talk about patterns and prints.	11.Build a simple fort using blankets. Sit inside with flashlight. Shine light on objects and name them.	12.Put paint in sealed zip bag and tape it. Let child squish and move paint safely without mess. Describe movement.	
20 Mins	30 Mins	30 Mins	20 Mins	30 Mins	20 Mins	30 Mins	
13. Walk outside and say colors you see (cars, flowers, clothes). Pause and let child point or respond.	14. Help child glue one drawing or leaf onto paper. Add date. Say "This is your fall page." Take a photo	15.Add floating toys to water. Let child scoop and splash. Name actions: "float," "sink."	16. Pretend to cook using safe kitchen items. Practice new words.	17. Fill a basket with safe household items for child to explore (wooden spoon, cloth, cup). Talk about each item.	18. Plant a seed in a cup or decorate a pretend garden picture. Watch it grow together.	19. Create a family flag using paper, handprints, stickers, and family symbols. Take a photo	
20 Mins	30 Mins	20 Mins	20 Mins	30 Mins	30 Mins	30 Mins	
20. Use ribbons or scarves to dance, wave, and move in different ways.	21. Help child create a picture of a favorite place (park, home, grandma's house).	22. Sort clothes by size, color, or type while talking together.	23.Take pictures of signs, trees, animals, or buildings and make a "My Neighborhood" page.	24.Create a page with child's height mark, handprint, and favorite things right now.	25. Create a garden picture using fingerprints as flowers and handprints as leaves.	26. Use sunlight or a lamp to trace shadows of toys and create a picture.	
20 Mins	20 Mins	30 Mins	20 Mins	30 Mins	30 Mins	30 Mins	
27. Use a bowl of water and sponges for squeezing, pouring, and splashing.	28.Look for safe bugs, leaves, or flowers outside. Talk about what you see and make a bug picture.	29.Make a sealed bottle with water and safe items inside for shaking and watching.	30. . Dip soft washcloths in cool water and let the child squeeze, pat their arms/legs, or play with them in a bowl. Talk about "cold," "wet," and "soft."				
20 Mins	30 Mins	20 Mins	20 mins				

