

SEPTEMBER 2026

HEAD START 3-5 YEARS

FAMILY ENGAGEMENT

HOME PROJECT

Childs
Name: _____
Site: _____
Class #: _____
Teacher Signature: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
		1. When, Then Statements these statements help children understand an expected sequence of behaviors. Talk to your child about that one behavior can bring in another desired behavior e.g. When your shoes are on, then we will go outside	2. Using a mirror talk to your child about feelings and make the corresponding faces e.g. frustrated, surprised, sad. Have your child look in the mirror as he makes the different faces	3. Talk to your child about your experience as a child and discuss things that are different and things that are same. Draw a picture	4. Have your child choose his outfit for the next day of school and discuss the different items he/she chose. Talk about colors texture, tops, bottoms	5. Talk about safety with your child and model the safe behavior as you talk about it e.g walking feet inside the house, picking up toys from the floor prevents slips and falls	
		30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
6. Talk to your child about planning a trip to the grocery and make a list together include his/her favorite snacks	7. 	8. Have your child draw a picture of you while you pose have him/her talk about the picture after he/she is done. Talk about the colors he/she used and let them know you will post/display his/her artwork on the refrigerator.	9. Fieldtrip to the market talk to your child about expectations while at the Super Market. Before you leave talk about safety rules and behavior expectations.	10. Grandparent's Day Help your child make a card for their grandparent's today. 	11. Character Feelings invite your child to join you in reading a book. Explain to your child that you want them to pay attention to the characters feelings as you read.	12. Cleanup Time Give your child notice before its time to clean up 5 minute sbefore clean up. And model what your child is expected to do, take a photo and share it with your child talk about their actions and how they are being safe and responsible after playtime is over.	
30 Mins		30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
13. "I" Statements is a great way to communicate with children e.g. " You might fall and hurt your body when you stand on the sofa. That makes me nervous" This helps children learn how to express their feeling while guiding their behavior.	14. Related Consequence, talk to your child about actions and how they have a related consequence e.g. Spills milk; clean it up. Dumps out all the blocks; puts them away.	15. Friendships Cards invite your child to join you in making a card to a friend. Offer to spell or write words for your child. And ask them to talk about their work as they complete the cards. e.g. who are you making this card for?	16. Talk about feelings invite your child to describe how to tell if a person is happy sad or angry. e.g. I can tell your angry when you wrinkle your forehead like this.	17. Making Choices talk to your child about choices ask them what they will play while they are at home this allows children to help them express their choice in various ways e.g. looking, pointing.	18. Practice an earthquake drill with your child and discus the results together. Help your child make and earthquake escape plan with you.	19. What can We Build Together as you are building with your child encourage them to talk about their construction and model working cooperatively with your child as you model taking turns.	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
20. Jump The River Activity with your child find tape and put it across an open safe space let your child know that you will be jumping the river to stay dry use words like takeoff, flight and landing.	21. Playing Together model words for children to help them join another player e.g. "May I play blocks with you? Talk about using a timer to help your child understand about waiting for a turn.	22. Exploring Movement invite your child to use a variety of motions as they are able you can pair a favorite song of theirs or use head shoulders knees and toes to guide the movement.	23. Moving Through the forest invite your child to practice skipping, marching and hopping while they are in the "forest".	24. Big Rule Little Rule talk to your child about the importance of rules. Practice rules around being safe, kind, taking care of the home.	25. Body Part Balance invite your child to balance their body using different poses, relate poses to shapes objects and animals.	26. Hopping invite your child to move with you, ask them can you hop like a bunny? As you model hopping with them count how many times you can hop up and down talk about balance as well.	
30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	
27. Follow the Leader ask your child to follow along as you demonstrate different movements e.g. walking, galloping and skipping.	28. Ways to Travel invite your child to move with you as you model moving like an elephant. Ask them "how does a car move around a track?" "Move softly like a deer in the woods."	29. Conflict Resolution talk about a time they had a conflict e.g. wanting the same toy as someone else start by modeling how to calm down describe the possible feelings that come up when trying to resolve a conflict.	30. My turn at the microphone make a microphone using paper towel roll and tin foil. Demonstrate how the microphone works and talk about how it changes the sound of your voice or to recall a time they have seen someone using a microphone.				
30 Mins	30 Mins	30 Mins	30 Mins				