

# OCTOBER 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. Fall Color Hunt<br>Go on a walk and find something red, yellow, orange, and brown. Talk about each color.                             | 2. Leaf Rubbing Art<br>Place a leaf under paper and rub with a crayon to reveal its texture.                                   | 3. Apple Printing<br>Cut an apple in half and use it as a stamp with washable paint..                                      |              |
|                                                                                                               |                                                                                                                                                                           |                                                                                                                                                            |                                                                                                                         | 20 Mins                                                                                                                                  | 20 Mins                                                                                                                        | 20 mins                                                                                                                    |              |
| 4. My Family Pumpkin<br>Draw a pumpkin and decorate it with pictures or drawings of your family.              | 5. Leaf Collage - Glue collected leaves onto paper to create a fall picture.                                                                                              | 6. Nature Treasure Hunt - Find a leaf, stick, rock, flower, and piece of grass. Talk about each item.                                                      | 7. Leaf Dance<br>Pretend to be leaves blowing in the wind by moving fast, slow, high, and low.                          | 8. Pumpkin Handprint Art<br>Trace your child's hand and turn it into a pumpkin.                                                          | 9. Nature Treasure Hunt<br>Find a leaf, stick, rock, feather (if found), and piece of grass.                                   | 10. Pumpkin Feelings<br>Draw pumpkins showing happy, sad, excited, surprised, and sleepy faces.                            |              |
| 20 Mins                                                                                                       | 30 Mins                                                                                                                                                                   | 20 Mins                                                                                                                                                    | 20 Mins                                                                                                                 | 20 Mins                                                                                                                                  | 20 Mins                                                                                                                        | 30 Mins                                                                                                                    |              |
| 11. Paper Bag Owl<br>Create an owl using recycled paper or a paper bag.                                       | 12. Pumpkin Sink or Float (STEAM) - Fill a tub with water. Test whether a small pumpkin, apple, leaf, stick, and pinecone sink or float. Let your child make predictions. | 13. Helping Hands - Let your child help fold washcloths, wipe a table, or put toys away. Praise their helpfulness.                                         | 14. Sock Matching - Gather clean socks and help your child find matching pairs. Talk about colors, sizes, and patterns. | 15. Paper Airplane Fun (STEAM)<br>Fold simple paper airplanes. Toss them and observe which one flies the farthest.                       | 16. Indoor Shape Hunt - Find circles, squares, rectangles, and triangles around your home.                                     | 17. Water Transfer (STEAM) - During bath time or at the sink, pour water between cups using small containers.              |              |
| 20 Mins                                                                                                       | 30 Mins                                                                                                                                                                   | 20 Mins                                                                                                                                                    | 20 Mins                                                                                                                 | 20 Mins                                                                                                                                  | 30 Mins                                                                                                                        | 20 Mins                                                                                                                    |              |
| 18. Shadow Play (STEAM) - Use a flashlight or sunny window to make hand shadows and explore how shadows move. | 19. Sorting Fun - Sort spoons, lids, cups, or containers by size, shape, or color.                                                                                        | 20. Ramp Experiment (STEAM) - Use a piece of cardboard or a book as a ramp. Roll toy cars, balls, or empty containers down it. Compare which rolls faster. | 21. Family Dance Party - Turn on music and dance together. Practice stopping and starting when the music changes.       | 22. I Can Do It! - Encourage your child to put on shoes, wash hands, or clean up toys independently. Celebrate their effort with praise. | 23. Kitchen Band - Use pots, spoons, plastic bowls, and containers to make music. Practice loud, soft, fast, and slow rhythms. | 24. Scribble and Tell<br>Let your child freely scribble, then ask them to tell you about their picture.                    |              |
| 20 Mins                                                                                                       | 20 Mins                                                                                                                                                                   | 30 Mins                                                                                                                                                    | 20 Mins                                                                                                                 | 20 Mins                                                                                                                                  | 30 Mins                                                                                                                        | 20 Mins                                                                                                                    |              |
| 25. Dot Art<br>Use crayons or markers to make colorful dots and talk about the colors you used.               | 26. Self-Portrait<br>Look in a mirror and draw your face. Talk about your eyes, nose, mouth, and hair.                                                                    | 27. Favorite Book Drawing<br>After reading a story, draw your favorite part together.                                                                      | 28. Draw Big and Small<br>Draw one big object and one small object. Compare their sizes.                                | 29. Happy Face, Sad Face<br>Draw faces showing different emotions such as happy, sad, excited, and surprised.                            | 30. Story Basket - Place three household items in a basket and make up a simple story using all three.                         | 31. Build a Leaf Tower (STEAM) - Stack leaves, blocks, or cups to build the tallest tower. Count how many pieces you used. |              |
| 20 Mins                                                                                                       | 30 Mins                                                                                                                                                                   | 20 Mins                                                                                                                                                    | 20 mins                                                                                                                 | 30 Mins                                                                                                                                  | 30 Mins                                                                                                                        | 20 Mins                                                                                                                    |              |
|                                                                                                               |                                                                                                                                                                           |                                                                                                                                                            |                                                                                                                         |                                                                                                                                          |                                                                                                                                |                                                                                                                            |              |
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