

OCTOBER 2026

HEAD START 3-5 YEARS OLD

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. Show your child the first letter of their name and sound it out for them. Then go on a scavenger hunt around the house with them, finding different objects that start with the same letter. Give them a few examples and hints to help them.	2. Place different items on a tray that would sink or float in water alongside a cup of water. Ask your child to predict if they believe each item would sink or float and have them place them one by one in the water to see for themselves if their prediction was correct.	3. Go to the library and ask your child to pick out a children's book about families. Read the book with them. Let them make comments and ask questions. Then discuss what things in the book they noticed were similar about their family and what the book shared about families.	
				1 HR	1 HR	1 HR	
4. Create a "I love my family book.". With a few pieces of paper have your child draw pictures of things they love about their family and things they love doing with their family on each page. Assist them in writing a few words in the book, their name, love etc.	5. When your child is content or happy, ask them how they are feeling. After they answer, ask them why they think they are feeling that way. Listen to their answer and ask them how they know they are feeling happy. Share with them how your body feels when you are happy.	6. Place a few different spice jars from your cabinet on the table. Explain how spices help flavor food to make it even more enjoyable. Have your child smell each jar as you state the name. Describe which foods the spice normally goes in. Ask them which spices they enjoyed smelling the most.	7. Explain that germs are so small they can't be seen but can make us sick. Explain how germs can travel from one person or item to another and that washing our hands is one way we can help stop them spreading. Help your child think about what times of the day they wash their hands.	8. Explain to your child how the dishes in your house get cleaned after every meal to stop the spread of germs. Show them how you wash the dishes with soap and water and have them wash a few of their toys the same way. Explain how washing items is one way we take care of ourselves.	9. Let your child know you would like their help in coming up with a soup recipe. Ask your child to draw their favorite vegetables and protein (meat or beans etc.) on a piece of paper. Explain how you will use their drawing as the list when shopping for the soup later.	10. Go to the market with your child and ask them to bring the food "list" they made yesterday. Using the drawing, shop for the ingredients you will need to make the soup. When getting items off the list, explain why these items are needed for a tasty soup (broth, etc.).	
1 HR	30 Mins	30 Mins	30 Mins	1 HR	30 Mins	1 HR	
11. Ask your child to help you cook the soup with the items you got yesterday. While being safe, have your child assist you while cooking. They can help wash vegetables, bring you items when you need them, use measuring spoons to get spices, etc.	12. Ask your child to draw a picture of you and them enjoying eating the soup you cooked together. If you weren't able to cook it, have them draw a picture of you and them enjoying their favorite food together. Ask them to describe the drawing to you afterward.	13. On a ruler or measuring tape, show your child how the inch markers are the longer lines and how they have a number next to them. Explain this is a way for people to measure the size of items. Assist them in measuring 5 of their favorite toys and mark on a piece of paper how many inches each one is.	14. Using a ruler or measuring tape, have your child measure their hands and feet, then your hands and feet. Have them write down on a piece of paper how many inches each is. Help them count each inch. Then have them compare which are smaller and bigger along with 5 toys.	15. Observe birds flying in the sky with your child. Ask your child to describe what they look like and have him/her draw a picture.	16. Show your child a picture of a tree and point out the different parts of a tree (the roots, trunk, branches, leaves, etc.) Discuss what trees provide for us and other animals. Ask them to draw a picture of a tree including different parts of the tree.	17. Go on a safety walk: Help your child identify the different traffic signs: stop, pedestrian crossing, do not enter, etc. Have them draw two signs after you get back home.	
1 HR	30 Mins	30 Mins	1 HR	30 Mins	30 Mins	1 HR	
18. With a small cup of water and a sponge or paintbrush, show your child how they can make drawings on a nearby concrete sidewalk or wall. Paint and draw with the water alongside them. Have them share with you what they make and talk about what you made.	19. Ask your child to sort their shoes into different categories such as color, lace or strap, everyday shoes or fancy event, sneakers or boots etc. Add your shoes to the pile they can pull from if they need more.	20. Aluminum Foil Boats: Give your child a piece of foil to sculpt into a boat shape. Float it in a sink and see how many small toys it can hold before sinking. Let them know trial and error are a normal part of the creative process, and they can reshape the design of their boat as many times as they need to make it float and hold items.	21. Have your child throw some soft laundry (rolled-up socks) or toys into a laundry basket. Create a line with masking tape where children should stand. You can move the basket closer or farther away, depending on your students' abilities.	22. Look up a simple homemade playdough recipe. Give your child the items they need to create playdough on a table and help them follow the recipe. Go over the rules in your house for playing with playdough and let them explore rolling, squishing, and pulling it. Store it in an airtight bag or container after.	23. Show your child how to roll playdough into "snakes". Then show them how they can make different shapes and letters with their long skinny pieces of playdough. Ask them to make the first letter of their name.	24. Go to the library and help your child pick a children's book about friendship. Read the book with them, allowing them to ask questions and make comments. Ask your child to draw a picture of them and their friends. Ask your child to tell you about their drawing.	
1 HR	1 HR	30 Mins	30 Mins	1 HR	30 Mins	1 HR	
25. Help your child prepare a simple snack for themselves. Explain how everything people do has a preparation, action, and clean-up phase. Have them help you gather all the items for the snack as preparation, create the snack, and clean up before they eat the snack.	26. On a white piece of paper, using the sunlight or flashlight, have your child draw the shadow of different items in the home such as toys, fruits, vegetables, etc.	27. Have your child use kitchen tongs or tweezers to move cotton balls or other small objects between two containers or bowls. This simple activity helps them strengthen their eye-hand coordination and fine motor skills.	28. Toss a soft ball back and forth with your child. Count how many times you can throw the ball to each other without dropping it. You can add or remove challenge if need be, by taking steps away from or towards each other.	29. Make some cut-outs of different shapes. Then play a game of hide and seek with the shapes. Take turns with your child, having one of you close your eyes while the other person hides the shape in a room or in the house, and the other person searches to find it.	30. Gather some small items of different colors such as Legos or small pieces of colored paper. Give some to your child and some to yourself, and create different patterns for your child to copy, such as blue, green, blue, green, red. Start with simple, then move to complex.	31. Take a walk around the neighborhood and during the walk say: "I spy with my little eye" and describe the item by color, size, or shape. Have your child draw a picture of the different objects found during the walk.	
1 HR	30 Mins	30 Mins	30 Mins	30 Mins	30 Mins	1 HR	

