

Head Start

At-Home Activities for Children Ages 3-5



 <p>"Let's Talk" Language & Communication Activities</p>	<p>Write three letters of your child's name on individual sheet of paper and say let's dance with letters. Play music and dance. Stop music and name letters.</p>	<p>Make a game of telling stories about the people and places in a photos.</p>	<p>Create a grocery list using pictures of the products, include items your child uses.</p>	<p>Read a book with your child. When you finish the book ask your child questions about the story.</p>	<p>Dance with your child. Play music and dance, stop the music and freeze when it stops. It will be great to help your child to pay attention and listening.</p>
 <p>"Body Works" Physical Development Activities</p>	<p>Have children explore different ways to shake their hands: (e.g., fast and slow, up and down, in front, up high, and so on.</p>	<p>Have your child hop, march, jump and crawl around a room. Count together as they march, hop and jump.</p>	<p>Sit with your child with your legs spread apart and feet touching. Bounce a ball to your child and encourage your child to roll the ball back to you.</p>	<p>Provide a shoes box with objects in it. Ask your child to push the box from one side of the room to the other, taking an item out and placing it on the floor when they get to the other side.</p>	<p>Play Simon Says with your child. Ex. Simon Says jump like a kangaroo.</p>
 <p>"Friends & Feelings" Social & Emotional Development Activities</p>	<p>Ask you child how they are feeling about being home due to COVID – 19 (Corona Virus). Tell your child they are safe with you and smile.</p>	<p>Do a household chore/ job together. Fold laundry, wash dishes, set the table or clean their room. You are teaching your child <u>Cooperation</u>.</p>	<p>Give your child silly fun directions like, such as: "Wiggle your fingers and hop", "Put your toy on your head", " Wiggle your fingers as you wash your hands". Laugh with your child and praise him/her <u>for following directions</u> .</p>	<p>Ask your child what's their favorite learning area in school and why? (Art, Toy, Block or House) Join your child in imaginary play of planning a party</p>	<p>Read a bedtimes story. Discuss the events and characters in the story. Invite your child to share her/his thought and feelings about the book.</p>
 <p>"Brain Works" Cognitive Development Activities</p>	<p>Ask your child to find numbers around your home. Go on a "Number hunt". Point out numbers on the television, microwave, telephone, books and computer keyboard or screen.</p>	<p>Practice the alphabet. Show a letter to your child on a cereal box and encourage him/her to search around the house to find the same letter.</p>	<p>Practicing counting with your child at home with activities such as: Count the number of shoes in your child's closet, the number of shirts and pants.</p>	<p>Ask your child to help you with the laundry. Have him/her to sort putting all the same colors together.</p>	<p>When interacting with your child at home ask him/her to identify what items are tall, short wide or slim.</p>