

Central Montana Head Start
CONNECTING HOME AND SCHOOL

At Head Start we provide daily activities from a variety of resources, including Creative Curriculum, Second Step and I am Moving, I am Learning. Completing these block activities at home with your child supports their development and connects the home and classroom environments. Please initial each activity you complete with your child and how much time the activity took. Return this form to your child's teacher at the beginning of the week (the Monday following the completion of your in-kind sheet). We will use the time you spent completing these activities with your child as a donation of your time or in-kind at the volunteer rate.

Week Activities

Plan a family fitness day. Let everyone choose one activity and then do all of them together today.	Balance on different items around the house. Can you hold your body really still?	Play Add On Movement Fun. Do one movement, then your partner repeats it but adds on one more, then you do your first movement, your partners' movement and then add on.	Throw into a target. Find different sized boxes and practice throwing into each of them -- try it near and far.	Before you go to bed tonight, lie on the floor and as you breathe try to make every muscle tight and then every muscle relaxed.	Practice galloping today. Remember to keep the back foot behind the front foot. Can you clap or snap your fingers?	Walk or run around your house as you sing your favorite song.
T _____ I _____	T _____ I _____	T _____ I _____	T _____ I _____	T _____ I _____	T _____ I _____	T _____ I _____

T = Time I = Initial

Reduce, Reuse, Recycle Study

Start a compost pile in your garden. Discuss why we need compost.	Play a sorting game using biodegradable items vs non biodegradable.	Make a marble run out of toilet tissue tubes..	Visit the landfill. Discuss what happens there.	Rake leaves or grass clippings.	Individual Goal	Individual goal.
T _____ I _____	T _____ I _____	T _____ I _____	T _____ I _____	T _____ I _____	T _____ I _____	T _____ I _____

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“CHMS is an equal opportunity provider, and employer.”