



## BERGEN COUNTY EARLY HEAD START/HEAD START

### Home-Based I/T ideas for families SPRING 2020



Mon	Tue	Wed	Thu	Fri
<p>Name _____</p> <p>Please circle the activities you tried. Tell your Home Visitor about it!</p>	<p>1 Do a Shape Hunt with your child inside or outside. Look for circle, triangles, or squares. Talk about what you both see!</p>	<p>2 Encourage curiosity in your child! Ask them a question and wait and encourage your child to think and give an answer.</p>	<p>3 Pull out some plastic containers and their lids. Encourage your child to match the lid to its correct container.</p>	<p>4 Play a Counting Game with your child! Count steps, toys, books, people, anything around you! Encourage your Home Language!</p>
<p>7 Go on a Color Walk in the park or when walking outside. Pick one color and see how many places you find it!</p>	<p>8 Talk, talk, talk, with your child in your home language! Teach the names of everyday objects in the home.</p>	<p>9 Talk about your favorite color. Ask your child what color they like. Go look for that color throughout your home!</p>	<p>10 Talk with your child about the weather and how it affects what clothing we wear: warm and cold weather, sunny and rainy weather.</p>	<p>11 Keep a calendar or list of all the books or stories you read with your child for a whole month!</p>
<p>14 Look for flowers starting to bloom outside! Talk about their colors and sizes.</p>	<p>15 Play "Find Me the Letter A" (or any letter your child's name starts with) game when in the store.</p>	<p>16 Play a Taking –Turns game with your child. You take a turn, then your child takes a turn—coloring, building, clapping, etc.</p>	<p>17 Point out and help your child find a special number when in the store or outside.</p>	<p>18 Take turns playing Peek-a-Boo with your child! Talk with your child about the face he/she makes when happy or surprised!</p>
<p>21 Sing a song with your child that you remember learning when you were little.</p>	<p>22 Play the Jump Game with your child. Count out loud the number of jumps they can make. You try it too!</p>	<p>23 Read a favorite book with your child. Talk about the pictures in the book and how they help tell the story.</p>	<p>24 Play Scribble, Scribble with your child using plain paper and crayons. Encourage your child to scribble and have fun!</p>	<p>25 Look at photos that you've taken over the last year with your child. Talk about what was happening and why you took the photo.</p>
<p>28 Play with a box! Children love to sit in and play with big boxes and pretend!</p>	<p>29 Encourage pretend play with a doll or stuffed animal. Feed it, wash it, dance with it, sing to it, put it to sleep!</p>	<p>30 Play the Animal Game With your child! Pretend you are a dog or a cat or a bird. Let them guess what you are! Take turns!</p>	<p>31 Help your child sort your laundry, match the socks, separate by her clothes and your clothes, find different colors, etc.</p>	