

# Head Start At Home



We live in a world in which we need to share responsibility. It's easy to say, "It's not my child, not my community, not my world, not my problem. Then there are those who see the need and respond. I consider those people my heroes. —Fred Rogers



Head Start is the national commitment to give every vulnerable child an opportunity to succeed

# Head Start Mission



**Head Start** is a national program that promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services to enrolled children and families

- **Head and Early Head Start** are comprehensive child development programs, serving children from birth to age five, expectant mothers and families.
- **Head Start** has been a pioneer in the movement to address the needs of the whole child- Cognitive, Social ,Emotional, Language, Physical, and Mental
- **Head Start** philosophy holds that parents are the primary educators of their children, and that successful child development programs must involve and empower parents in order to have a lasting impact on the lives of low-income children.
- Regulated by **basic Federal Head Start Performance Standards**, grantees and families have control over their programs, and each is designed to meet the needs of families in the local community. Head Start

# Head Start At Home Kit

**Dear Head Start Parent,**

**This book is to help learning and development of your child to continue while at home over the next few weeks! All though it's unfortunate that our 6.5 hours of fun will not happen at our program site, we hope you will commit to promoting, modeling and actively engaging in meaningful stay-at-home parent-child activities and experiences.**

**Our goal is to get your child beyond the entry way of kindergarten but off to college, into the workforce and become an independent responsible and responsive adult! We believe those skills are being developed right now both at Head Start and at Home!**

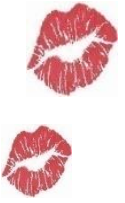
**We at Head Start thank you for allowing us to be apart of your child and families early years. We are hoping you are going to find the "nugget" in your child and with your child through this experience. Get Ready. Get Set. Let's Learn and Play The Head Start Way!!**



# Be Well Children

- Consistency and Predictability thorough Routine, Rituals and Responses
- Child-guided vs Adult-guided activities and experiences
- Value in the age, development and culture of the children within
- Curriculum will embrace inclusion diversity and culture
- Materials, supplies and equipment will be accessible
- Daily schedule and environment will reflect the children interest and needs

Play! Play! Play!!



- ✓ Better peer interactions;
- ✓ Fewer behavior problems;
- ✓ More motivation and persistence;
- ✓ Increase literacy;
- ✓ Enhance cognitive skills and vocabulary gain through daily parent-child reading

*Fantuzzo, J., McWayne, C., and Perry, M. (2004)  
Raikes, H., Luze, G., Brooks-Gunn, J., Raikes, H.A., Pan, B.A., Tamis-Lamold, C.S. et al. (2006)*

# *Supplies You May Have Around The House that Promote Play-Learning in Young Children*



Balls in a variety of sizes and weights  
Commercial pictures lotto game  
Flashlights  
Balloons  
Laundry Basket  
Magnetic Numerals  
Magnets  
Magnifying Glass  
Table Mat  
Towels  
Measuring Cup  
Mixing bowl and spoon  
Plastic fruits and vegetables  
Radio, tape player CD Player  
Refrigerator Magnets  
Small purses, suit cases and totes  
Squeezable baster  
Stuff toys and animals  
Tambourine  
Pots and Pans  
Unbreakable mirrors  
Wooden blocks  
Bead strings with stiff ends  
Beads Chalks Color cellophane

Pencils , Pens , Markers and Crayons  
Scissors, Hole punchers  
Glue, Paste and Glue Sticks  
Paint and Paint Brushes  
Larger Sheets of Paper  
Construction Paper  
Counters –such as coins, straws , clothes pins marbles, beads, bingo markers, beans, goldfish crackers, cheerios, rocks and pebbles, matchbox cars, dinosaurs, hair barrettes,  
Craft Sticks  
Dot Markers  
Stickers  
Piper cleaners  
Contact paper  
Cornstarch  
Dried pasta  
File folders  
Flour  
Index cards  
Masking Tapes  
Cotton balls or pom- pom balls  
Small sponges  
Table salt  
Yarn  
Brown paper bags  
Neck ties and scarves  
Rice  
Oatmeal



Cardboard sheets o boxes  
Cereal boxes  
Cube or shoe boxes  
Milk cartoons Newspaper  
Od Magazines/calendars/pictures and greeting cards  
Two-litter bottles  
Cotton balls and Q-tips  
Fabric Sheets  
Paper Plates  
Aluminum Foil and Wax Paper  
Salad Spinner  
Petroleum Jelly  
Liquid Detergent  
Stadium Cups  
Ice cube trays



# Executive Skills for School and Life



1. Math.
2. Safety.
3. Courtesy.
4. Honesty.
5. Grammar.
6. Reliability.
7. Flexibility.
8. Team skills.
9. Eye contact.
10. Cooperation.
11. Adaptability.
12. Follow rules.
13. Self-directed.
14. Good attitudes.
15. Writing skills.
16. Driver's license.
17. Dependability.
18. Advanced math.
19. Self-supervising.
20. Good references.
21. Being drug free.
22. Good attendance.
23. Personal energy.
24. Work experience.
25. Ability to measure.
26. Personal integrity.
27. Good work history.
28. Positive work ethic.
29. Interpersonal skills.
30. Motivational

31. Valuing education.
32. Personal chemistry.
33. Willingness to learn.
34. Common sense.
35. Critical thinking skills.
36. Knowledge of fractions.
37. Reporting to work on time.
38. Use of rulers and calculators.
39. Good personal appearance.
40. Wanting to do a good job.
41. Basic spelling and grammar.
42. Reading and comprehension.
43. Ability to follow regulations.
44. Willingness to be accountable.
45. Ability to fill out a job application.
46. Ability to make production quotas.
47. Basic manufacturing skills training.
48. Awareness of how business works.
49. Staying on the job until it is finished.
50. Ability to read and follow instructions.
51. Willingness to work second and third shifts.
52. Caring about seeing the company succeed.
53. Understanding what the world is all about.
54. Ability to listen and document what you have heard.
55. Commitment to continued training and learning.
56. Willingness to take instruction and responsibility.
57. Ability to relate to coworkers in a close environment.
58. Not expecting to become a supervisor in the first six months.
59. Willingness to be a good worker and go beyond the traditional eight-hour day.
60. Communication skills with public, fellow employees, supervisors, and customers



# Head Start Children Have Chores!

- Dress self
- Brush and floss teeth
- Fold wash and dish towels
- Feed Pets
- Set and clear Table
- Load/Unload Dish Washer- silverware, plastic cups and bowls
- Sort Silverware
- Carry and put grocery away
- Make bed
- Dust furniture
- Put dirty clothes in hamper
- Sort clothes by colors
- Pick-up and put away toys and books
- Match socks, shoes
- Wipe baseboard
- Take out trash and recycle
- Sweep with a small broom
- Vacuum couch/chairs and cushions
- Water indoor plants
- Assist with putting clothes in washer and dryer



*"... professional success in life, which is what we want for our kids ... comes from having done chores as a kid "* Julie Lythcott-Haims, TED talk



# SCHOOL SNACKS

## TEACHER APPROVED



Cut up fruit and yogurt  
Cheese and whole grain crackers  
Graham crackers or animal crackers and milk  
Frozen whole fruit or fruit juice pops  
Whole grain pretzels  
Half of an English muffin with melted cheese  
Small slices of raw cut-up vegetables and cream cheese  
Snack mix consisting of items such as non-sugared cereals, pretzels, and dried fruits  
Applesauce  
Cheese cubes and dry bread sticks  
Small pieces of cut up chicken, beef, or turkey  
Hard-cooked eggs  
Low-sugar cookies like vanilla wafers  
Bananas dipped in wheat germ  
Cottage cheese with fruit or vegetables  
Mini bagels and cream cheese or fruit spread  
Fruit smoothies





# Head Start Daily Schedule

Daily Routines and rituals offer your child a predictable, consistent way of living both at home and school. We have provided you a sample schedule to help to keep your child on her/his Head Start schedule as well as equip them to be ready for school!

The suggestions reflected in the schedule align with Head Start Early Learning Framework and the NC Foundations for Early Learning



Head Start at Home Daily Schedule		
Time	Activities	Min.
7:30 8:00 am	<b>Wake Up the Head Start Way!</b> Morning: Wake up Connection, Stretch, Loving Kindness Ritual, Let's Get Dressed and Let's Make The Bed	30
8:30 am	<b>Build Your Source At Breakfast Rituals</b> (Child is preparing breakfast, setting table) At the table, using books, using talking about our plans for the day, Expectations Chart, Job Chart, Name and Address and other of the Day Breakfast Rituals. Child ask, "May I be excused?" Child does table clean up and sets out assistance of needed Hygiene Check: Wash Face, Brush Teeth, Teeth Dappling/ Telling and Washing Hands	30
9:30 9:50 am	<b>Go Outside and Play</b> Front Porch Fun, Backyard Fun, Walk It, Talk It Time and Floor time	60
9:50 10:05 am	<b>D.E.A.R. Time</b> (Drop Everything and Read) Get out all your Dolly Parton Imagination Station books	20
10:05 10:15 am	<b>Hygiene Check:</b> Wash face, Brush Teeth Dappling/ Telling and Washing Hands	15
10:15 10:30 am	<b>Child Choice Activities</b> -Art, Blocks, Math/Science, Library, Dramatic Play, Sensory Table 11:05 am give your child clean up warning. "In 10 minutes we will clean up!" 11:30 am Tell your child I expect you to pick up ___ of things with your left hand and ___ of things with your right hand. (Make it match their age!) Start The Clean-up Song	30
10:30 10:45 am	<b>Music and Movement</b> • Pull out the Music: Can and the child complete songs to sing • Turn on the 60's, 70's, 80's and 90's jams, pull out the scarves, spoons, pots and pans and let's dance!	15
11:30 12:15 pm	<b>Build Your Source -Lunch and Munch Rituals</b> (Child is preparing lunch, setting table) At the Table: Giving thanks, eating, talking about our plans for the day, Expectations Chart, Job Chart. <b>Lunch Rituals:</b> Child ask, "May I be excused?" Child cleans table, items in trash and sink with assistance if needed Hygiene Check: Wash face, Brush Teeth Dappling/ Telling and Washing Hands	35
12:15 2:15 pm	<b>Quiet or Rest Time</b> • Child picks two books to rest with. • Child prepares their towel, in laundry basket, sleep box or bed for rest. Adult prepare quiet time preferred activities or return music softly playing in background talking children to relax and rest. Teach child deep and easy. Put child's feet and say, "Stretch without stretching out too much. You are good at that and say, "Stretch you are strong in a happy way!" If children are, leave child in the basket. Set the clock, request your child to rest here for 30 minutes. Request your child to stay quiet. "You'll be here when you rest." If the child can rest for 15 minutes, you can rest for 15 minutes.	120
2:15 pm 2:45 pm	<b>PM Snack:</b> Have quick snack options accessible on the table to eat while Journal: Live: Child scribble-writes or draws in their journal	30
2:45 3:00 pm	<b>Hygiene Check:</b> Wash face, Brush Teeth Dappling/ Telling and Washing Hands	15
3:00 3:00 pm	<b>Music and Movement</b> • Pull out the Music: Can and the child complete songs to sing • Turn on the 60's, 70's, 80's and 90's jams, pull out the scarves, spoons, pots and pans and let's dance!	15
3:00 pm 4:00 pm	<b>Go Outside and Play:</b> Front Porch Fun, Backyard Fun, Walk It, Talk It Time and Floor time	60
4:00 pm 4:30 pm	<b>D.E.A.R. Time</b> (Drop Everything and Read) Get out all your Dolly Parton Imagination Station books	20
4:30 pm 4:50 pm	<b>Hygiene Check:</b> Wash face, Brush Teeth Dappling/ Telling and Washing Hands	15
4:50 5:00 pm	<b>Child Choice Activities</b> -Art, Blocks, Math/Science, Library, Dramatic Play, Sensory Table 5:30 pm give your child clean up warning. "In 10 minutes we will clean up!" 5:30 pm Tell your child I expect you to pick up ___ of things with your left hand and ___ of things with your right hand. (Make it match their age!) Start The Clean-up Song	30
5:00 pm 7:00 pm	<b>Build Your Source at Dinner and Munch:</b> Dinner Rituals: (Child is preparing dinner, setting table) At the Table: Giving thanks, eating, talking about our day, did you meet your Expectations Chart, Job Chart, Dinner Rituals. Child ask, "May I be excused?" Child does table clean up and sets out assistance of needed Hygiene Check: Wash Face, Brush Teeth Dappling/ Telling and Washing Hands	60
7:00 pm 7:45 pm	<b>Family Fun Time</b> -Go for a Neighborhood walk, Watch a TV show together, Play board game, Dance together, use props from around the house and put on a Talent Show!	60
7:45 8:30 pm	<b>Goodnight: the Head Start Way!</b> Bath time and Bedtime the Head Start Way! Watch how your child help you get the supplies and toys. Play with a child to talk about body parts, recognize how child towel wash, can and say, "Prepare child for sleep and put bed to bed to bed. Goodnight Connection Stretch, Loving Kindness Ritual, Study prepare quiet time preferred activities or return music softly playing in background to help children to relax and rest. Teach child deep and easy. Put child's feet and say, "Stretch without stretching out too much. You are good at that and say, "Stretch you are strong in a happy way!" If children are, leave child in the basket. Set the clock, request your child to rest here for 30 minutes. Request your child to stay quiet. "You'll be here when you rest." If the child can rest for 15 minutes, you can rest for 15 minutes.	30

This schedule is provided to offer your child consistency, predictability and routine. Adapt this schedule to meet the needs and interest of your children.



The average Head Start Child laughs  
300 times per day



The average Adult laughs 17 times per day



# Welcome To Our Family

Welcome to our the \_\_\_\_\_ Family.

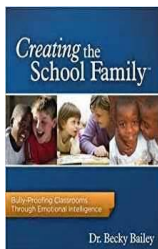
Guess who I am ?

I'm the Safe keeper. I am, I am.

My job is to keep you safe.

Your job is to help keep it safe.

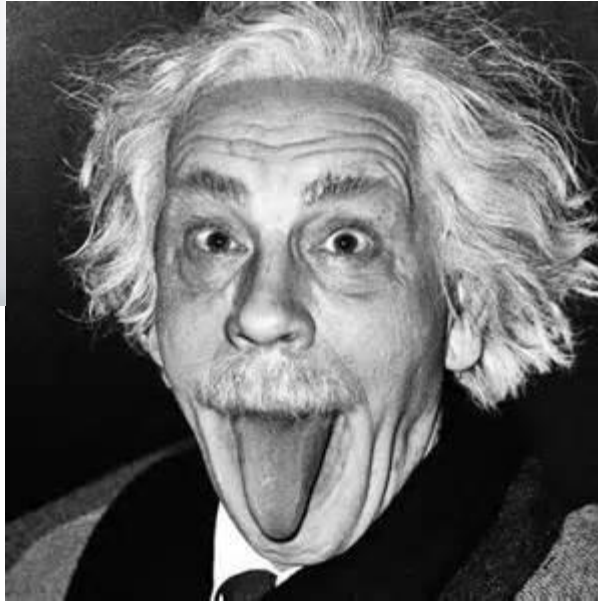
Oh baby, oh baby we're going to have  
a great day.



*The School Family builds connections between families and schools, teachers and teachers, teachers and students, and students and students to ensure the optimal development of all.*



Stick out your tongue. Cross your eyes  
Lift your ears!



Wake Up, America!!!







*“The way we start producing the medicine of mindfulness is by stopping and taking a conscious breath, giving our complete attention to our in-breath and our out-breath. ... The great news is that oneness of body and mind can be realized just by one in-breath.”*

[https://video.search.yahoo.com/search/video?fr=yset\\_chr\\_syc\\_hp-s&p=loving+kindness+meditation+for+kids+youtube#id=1&vid=78ddc5a0f570165bf3b363126264fad1&action=click](https://video.search.yahoo.com/search/video?fr=yset_chr_syc_hp-s&p=loving+kindness+meditation+for+kids+youtube#id=1&vid=78ddc5a0f570165bf3b363126264fad1&action=click)







# Conscious Discipline®



## Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



## S.T.A.R.

**S**mile, **T**ake a deep breath **A**nd **R**elax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



## Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



## Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpbpbpbpb" sound.

# Great Expectations at Home

*Materials: Paper, Crayons , Markers or coloring pencils*

*Procedure: Parents say to your child, “ We will be home the next few weeks. To ensure we remain safe and healthy while having fun, lets make some “Great Expectations” for our home. Have the child to trace their hand, foot, draw their eyes ,ears, mouth and a picture of themselves (body). Parent, ask the child to come up with at least 1 expectation for each part. Repeat to the child what they said to you. Pause. Model by writing what they stated on their paper.*

*What might be a great expectation for your eyes, ears, mouth, hands, feet and body.*

*Eyes*



*Noticing good things to do!!*

*Ears*



*Listen, so we can make decisions!*

*Mouth*



*Eat stuff and ask for help!*

*Hands*



*Be helpful to others!*

*Feet*



*Keep us moving forward!*

*Body*



*Wiggle and move around*

# How Would You Like to Be Greeted?

Bear Hug

Butterfly Kiss

Snake Shake

Cell Phone

Twirl and a Dip

High Five

Hand Bop

Firecracker

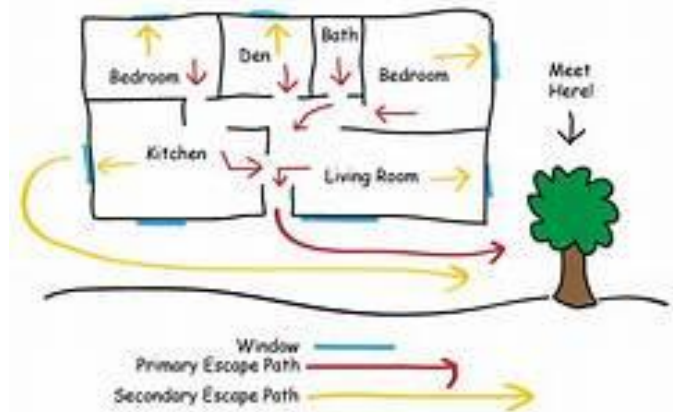




# Emergency Safety Plan



Working smoke alarms reduce the chances of dying in a fire by nearly 50 percent.



Safe Kids <https://www.safekids.org/fire>

Very Well Family <https://www.verywellfamily.com/tips-for-teaching-kids-about-fire-safety-616822>



# Dear Boo, I Love You Note

Have The Child Scribble Write  
First Name Last Name  
Address (PO Box, St. Ln. Rd.)  
City, State, Zip Code

I just heard a fantastic idea! For those home with children when schools are closed...how about having your kids write notes, color pictures and mail them to local nursing homes? The elderly in these homes aren't allowed visitors right now.

Have your child address the envelope to a person of choice

Receiver's First Name Last Name  
Address (PO Box, St. Ln. Rd.)  
City, State, Zip Code

*Did you know that less than 25% of high school graduated can address a envelope successfully. Have your child write a letter to his teaches , senior citizens , board members, friends in their classrooms, fire fighter, hospital staff, governor*





# Hey, Hey, Hey



Hey hey \_\_\_\_\_ (name),  
Your \_\_\_\_\_ is like this.  
And then you went like this  
(demonstrate).  
And now it's up to you.

*Get Noticed In The Positive!!*

# Handwashing Songs, Chants and Rhymes

**PLAY IT SAFE!**

## Hand Washing Rap

You gotta' wash your hands, and  
 You gotta' wash 'em right,  
 Don't give IN to germs  
 WITH-out a fight.

Use water that's warm  
 And lots of soapy bubbles,  
**These** are your weapons  
 FOR preventing germ troubles.

DON'T cut your time short  
 Your fingers — GET between,  
 It takes twenty seconds  
 TO make sure they're clean.

Gotta' wash... gotta' wash  
 GOTTA' — wash — your hands,  
 Gotta' wash... gotta' wash  
 Gotta' — wash — your — hands.

Note: Words in heavy type carry the stronger beat.

## Tops and Bottoms (Tune: Frere Jaque)

Tops and bottoms, tops and bottoms,  
 (rub top and bottom of hands)  
 In between, in between,  
 (rub fingers inside on both hands)  
 All around our hands, all around our  
 hands,  
 (just like it says)  
 Then we wash. Bam, Bam, Bam.



## Wash, Wash, Wash Your Hands

tune: "Row, Row, Row Your Boat"

Wash, wash, wash your hands.  
 Make them nice and clean.  
 Rub the bottoms and the tops,  
 Fingers and in between.

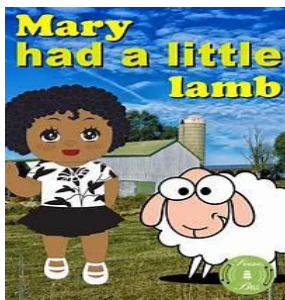


<p>Our Father who is in heaven holy is your name.</p>	<p>Your kingdom come Your will be done on earth as it is in heaven.</p>
<p>Give us this day our daily bread.</p>	<p>Forgive us our sins as we forgive those who sin against us.</p>
<p>Lead us not into temptation, but deliver us from evil.</p>	<p>For Yours is the kingdom, the power, and the glory forever. Amen.</p>

## Wash Your Hands

- |  |  |
|--|--|
|  | Turn on the water                        |
|  | Get your hands wet                       |
|  | Get soap and scrub your hands            |
|  | Rinse your hands with water              |
|  | Dry your hands                           |
|  | Turn off the water with your paper towel |

## Tunes for Toddlers – Preschool



- ABCD – Alphabet Song
- Baby Shark
- Twinkle, Twinkle Little Star
- Baa, Baa Black Sheep
- London Bridge is Falling Down
- Row, Row, Row Your Boat
- Mary Had a Little Lamb







Baby shark, doo doo doo doo doo doo  
Baby shark, doo doo doo doo doo doo  
Baby shark, doo doo doo doo doo doo  
Baby shark!

Mommy shark, doo doo doo doo doo doo  
Mommy shark, doo doo doo doo doo doo  
Mommy shark, doo doo doo doo doo doo  
Mommy shark!

Daddy shark, doo doo doo doo doo doo  
Daddy shark, doo doo doo doo doo doo  
Daddy shark, doo doo doo doo doo doo  
Daddy shark!

Grandma shark, doo doo doo doo doo doo  
Grandma shark, doo doo doo doo doo doo  
Grandma shark, doo doo doo doo doo doo  
Grandma shark!

Grandpa shark, doo doo doo doo doo doo  
Grandpa shark, doo doo doo doo doo doo  
Grandpa shark, doo doo doo doo doo doo  
Grandpa shark!

Let's go hunt, doo doo doo doo doo doo  
Let's go hunt, doo doo doo doo doo doo  
Let's go hunt, doo doo doo doo doo doo  
Let's go hunt!

Run away, doo doo doo doo doo doo  
Run away, doo doo doo doo doo doo  
Run away, doo doo doo doo doo doo  
Run away!

Safe at last, doo doo doo doo doo doo  
Safe at last, doo doo doo doo doo doo  
Safe at last, doo doo doo doo doo doo  
Safe at last!

It's the end, doo doo doo doo doo doo  
It's the end, doo doo doo doo doo doo  
It's the end, doo doo doo doo doo doo  
It's the end! Baby shark, doo doo doo  
doo doo doo  
Baby shark, doo doo doo doo doo doo  
Baby shark, doo doo doo doo doo doo  
Baby shark!

# Making a Connection

Head , Shoulders, Knees and Toes , Knees and Toes

Head , Shoulders, Knees and Toes , Knees and Toes

Eyes and ears and mouth and noses

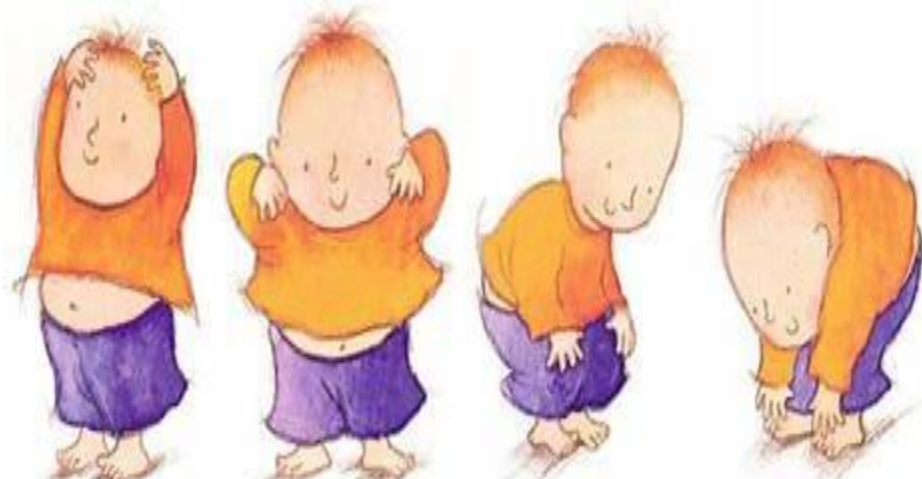
Head , Shoulders, Knees and Toes , Knees and Toes

Head , Shoulders, Knees and Toes , Knees and Toes

Head , Shoulders, Knees and Toes , Knees and Toes

Eyes and ears and mouth and noses

Head , Shoulders, Knees and Toes , Knees and Toes





# Row, Row, Row Your Boat

*Row, Row, Row Your Boat  
Gently Down The Stream  
Merrily, Merrily, Merrily  
Life is but a dream!!*



# Making a Connection

Head, Shoulders OOOH Baby, BABY

Head, Shoulders OOOH Baby, BABY

Head, Shoulders OOOH Baby, BABY

OOOH Baby, BABY. OOOH Baby, BABY. OOOH Baby, BABY

Shoulders, Belly, OOOH Baby, BABY

Shoulders, Belly, OOOH Baby, BABY

Shoulders, Belly, OOOH Baby, BABY

OOOH Baby, BABY. OOOH Baby, BABY. OOOH Baby, BABY

Belly, Knees, OOOH Baby, BABY

Belly, Knees, OOOH Baby, BABY

Belly, Knees, OOOH Baby, BABY

OOOH Baby, BABY. OOOH Baby, BABY. OOOH Baby, BABY

Knees, Toes, OOOH Baby, BABY

Knees, Toes, OOOH Baby, BABY

Knees, Toes, OOOH Baby, BABY

OOOH Baby, BABY. OOOH Baby, BABY. OOOH Baby, BABY



# Little Red Box Song

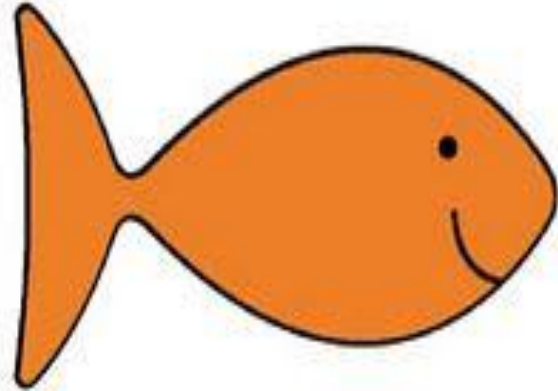


If I had a little red box  
To put my \_\_\_\_\_ in.  
I would take Him/her out  
Kiss, Kiss, Kiss and put him/her back again.



# The Fish Song

One, two, three, four, five



One, two, three, four, five.  
Once I caught a fish alive,  
Six, seven, eight, nine, ten,  
Then I let it go again.  
Why did you let it go?  
Because it bit my finger so.  
Which finger did it bite?  
This little finger on the right.

# 5 Little Ladybugs

Five little ladybugs sitting on a leaf,  
Soaking in the sunshine and the soft, warm breeze.  
Along came Mr. Bird, quiet as can be,  
And snatched that ladybug off of the leaf!

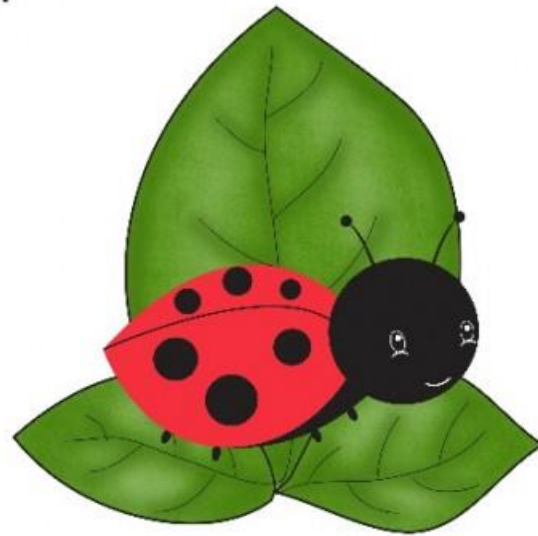
Four little ladybugs sitting on a leaf...

Three little ladybugs sitting on a leaf...

Two little ladybugs sitting on a leaf...

One little ladybug sitting on a leaf...

No more ladybugs sitting on a leaf!



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Clip art by Prettygrafik



# Finger Fun Songs

## This Little Piggy

This little piggy  
Went to market.



This little piggy  
Stayed at home.



This little piggy  
Had roast beef.



This little piggy  
Had none.



This little piggy went  
Wee, wee, wee  
All the way home!



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## Kentucky Fried Chicken

(flap your arms like you're doing the chicken dance)

## And a Pizza Hut

(make a triangle in the air)

## A Pizza Hut

## A Pizza Hut,

## Kentucky Fried Chicken

## And a Pizza Hut

## McDonald's, McDonald's

(use two hands-make an "M" in the air, starting in the middle)

## And You !!





little frogs sitting on a well,  
1 peeked in and down he fell.

Frogs jumped high!

Frogs jumped low!

Frogs jumped everywhere  
to and fro!



## 5 little speckled frogs


5 little speckled frogs,  
Sit on a speckled log,  
Eating some most delicious flies,  
Yum! Yum!




1 jumped into a pool,  
Where it was nice and cool,  
Then there were 4 little speckled frogs,  
Glub! Glub!



(Repeat, counting down by 1 each time)



# Itsy Bitsy Spider



Itsy Bitsy Spider climbed up the waterspout.



Down came the rain





and washed the spider out.

Out came the sun



And dried up all the rain,

And the Itsy Bitsy Spider climbed up  
the spout again.





# Thumbkin

Where is Thumpkin; where is Thumpkin?

(Hide hands behind back)

Here I am (bring out 1 hand).

Here I am (Bring out the other).

How are you today, sir? (Nod 1 thumb)

Very well, I thank you (Nod other).

Run away, run away (Hide hands).



# Shoebox Sensory Fun

**Sand Trays** with rice, shaving cream, squishy bags

**Playdough**- make curves, lines, letters, words and objects

**Rub overs** – write letters and words with glue; dry; place paper on top rub with side of crayon

**Rainbow letters**- use assorted color pencils, pens, crayons to write with

**Scratch and sniff**- write letters with glue sprinkle with glue let dry and smell

**Texture writing** – place paper on different textures and write

**Invisible writing** – using two fingers write in the air, on backs on bellies

**Letter Vest**- Create vest out of brown paper bags. Chose a letter, cut out pictures from magazines and place on vest

*We have an awesome Sensory Table workshop!!!*



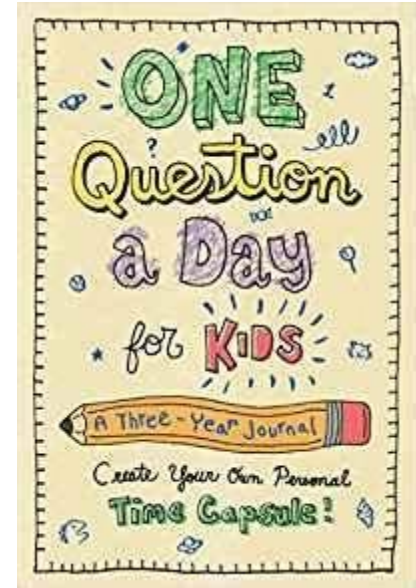
# Activity Ideas that Link Literacy

- Name Bingo
- Start a Wall of Words of the refrigerator
- Logo Matches
- Read the Food Boxes
- Red, Yellow, Green
- Look at loose photos and photobooks
- Check the mail
- Make a words that rhyme book
- Look a magazine photos



# Journal Jive!!

My school.....  
The big school bus...  
My feet.....  
I dream about....  
If I were a fish.....  
Child's name, Child's name what do you  
see...  
My feelings book  
When I was a baby.....  
My favorite birthday....  
On my TV.....  
Alligator Soup.....  
Run, Run as fast as you can.....  
Oh I ate to much.....  
The biggest Ice cream ever...  
Jump up and down.....  
I like to dance.....  
Bubble gum, bubble gum...  
When I grow up....  
If you are happy and you know it.....



## Things to do with Scarves

Inside:

- Use them to practice motor skills.
- Suspend off ground and practice motor skills.
- Practice movement concept.
- Play peek-a-boo.
- Use as puppets.
- Use them for directed movement during story time.
- Use as spot markers.
- Create a scarf rope.
- Play throw and chase.
- Use to practice rhythm.

Outside:

- Use them to practice motor skills.
- Practice movement concepts.
- Tie them to a pole or tree as a spot marker or target.
- Use them as a flag.
- Play tag with them
- Use them for directed movement or as a signal
- Collect and carry loose parts in them
- Suspend off the ground and practice motor skills.
- Practice pre-juggling skills
- Tie them to a tree or pole and have a scavenger hunt.
- Create a scarf rope with them.
- Tie them to a fence for art



More Great Fun Ideas

<http://www.beactivekids.org/resources/handouts>



# Come on Let's Go outside and play!



## 100 Low-Prep Backyard Activities for Kids

Cloud gaze	Shovel Snow
Bird Watch	Make Stick Crowns
Paint Nature	Cook A Meal Outside
Look For Animal Tracks	Run Around The House 5 Times
Watch The Sunset	Identify Plants
Go Puddle Jumping	Run Through The Sprinkler
Make Mud Pies	Make Muddy Toy Car Tracks
Paint Nature With Water	Check The Moon Phase
Pick Up Sticks	Roast Marshmallows
Make Stickman	Make A Nature Portrait
Pick Up Garbage	Climb A Tree
Go On A Nature Scavenger Hunt	Paint Nature Shadows
Make A Nature Bracelet	Make Stick And Stone Constellations
Create Land Art	Color With Nature
Make A Fort	Search For Seeds
Make Tree And Leaf Rubbings	Make A Hop Scotch With Chalk
Search For Animal Homes	Look For Symmetry In Nature
Hunt For Mushrooms	Make Nature Suncatchers
Search For Signs Of The Season	Make A Bird Feeder
Make Letters Out Of Nature	Paint With Nature
Count Pieces Of Nature	Go Stargazing
Thread Beads On Sticks	Looks For Beginning Sounds In Nature
Build A Bonfire	Frozen Nature Play
Play Flashlight Tag At Night	Make Mud Faces On Trees
Make Up A Nature Story	Draw With Sticks In Mud
Read Outside	Make A Nature Puzzle
Free Play	Take Nature Photos
Write With Chalk	Press Flowers
Blow Bubbles	Explore With Binoculars
Bring Toys Outside	Listen To Music
Make A Nature Tic-Tac-Toe Board	Fly A Kite
Make Nature Prints	Make A Journey Stick
Play Sticker Tag	Make A Nature Badge
Looks For Bugs	Throw A Frisbee
Make Art	Make An Icy Suncatcher
Weave Nature	Search For Hidden Toys
Stack Snowballs	Go On A Five Senses Walk
Sort Nature	Cut Pieces Of Nature
Collect Nature	Search For Colors In Nature
Have A Picnic Outside	Make Sticky Paper Nature Art
Wash Your Car	Make Snowy Cookie Cutter Designs
Wash Toys	Hug Trees
Make Sun Prints	Hula Hoop Toss
Play A Sport	Plant Something
Make Nature Jars	Dig In The Dirt
Make A Flower Hiking Stick	Stack And Balance Rocks
Make A Musical Hiking Stick	Make A Map Of Your Yard
Make A Nature Writing Tray	Make Flower Paintbrushes
See What Sinks And Floats	Start A Nature Journal
Jump In A Pile Of Leaves	Make A Magical Snow Garden

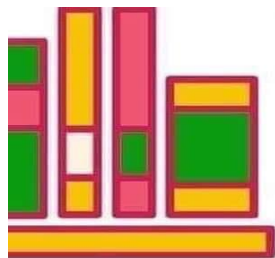
**Look for the details on these activities at [LittlePineLearners.com](http://LittlePineLearners.com)**



# Head Start and Technology



Please limit the use of media and technology to less than 30 minutes daily for your children. Your children need more Eye to Eye contact than I-Pads, more Face time than Facebook and social media, More snuggly lap time than laptops. If you must offer technology to your children be responsible, responsive and help them make real world connections.



## 10 FREE LEARNING WEBSITES for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

### Switcheroo Zoo

[www.switcheroozoo.com](http://www.switcheroozoo.com)

Watch, listen, and play games to learn all about amazing animals!

### Nat Geo for Kids

[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

Learn all about geography and fascinating animals!

### Into the Book

[www.reading.ecb.org](http://www.reading.ecb.org)

Go "into the book" to play games that practice reading strategies!

### Suessville

[www.seussville.com](http://www.seussville.com)

Read, play games, and hang out with Dr. Seuss and his friends!

### ABC YA

[www.abcy.com](http://www.abcy.com)

Practice math and reading skills all while playing fun games!

### Fun Brain

[www.funbrain.com](http://www.funbrain.com)

Play games while practicing math and reading skills!

### PBS Kids

[www.pbs.org](http://www.pbs.org)

Hang out with your favorite characters all while learning!

### Star Fall

[www.starfall.com](http://www.starfall.com)

Practice your phonics skills with these read-along stories!

### Storyline Online

[www.storylineonline.net](http://www.storylineonline.net)

Have some of your favorite stories read to you by movie stars!

### Highlights Kids

[www.highlightskids.com](http://www.highlightskids.com)

Read, play games, and conduct cool science experiments!

## Learn at home! Using tech

### Websites:

- o Freckle.com
- o Lexialearning.com
- o Starfall.com
- o MysteryScience.com
- o Readworks.org
- o STMath.com
- o KhanAcademy.org
- o Gonoodle.com
- o Abcy.com
- o Xtramath.org
- o Zearn.org

### Apps:

- o RazKids\*
- o Seesaw
- o Epic
- o Vooks
- o Book Creator
- o Magnetic ABC
- o Ten Frames
- o ABCMouse
- o Monster Math
- o Scratch Jr
- o Starfall
- o Let's Read

### Youtube:

- o Kids Learning Tube
- o Free School
- o Homeschool Pop
- o StoryBots
- o Khan Academy
- o Smithsonian Channel
- o The Brain Scoop
- o Word World PBS
- o TED-Ed
- o Sci Show Kids
- o National Geographic Kids
- o Peekaboo Kidz
- o Storyline Online
- o Story Time with Ms. Becky
- o KidTimeStoryTime

### Podcasts:

- o Brains On
- o Six Minutes
- o But Why: A Podcast for Curious Kids
- o Story Pirates
- o Circle Round
- o Smash Boom Best
- o Wow in the World
- o Eleanor Amplified
- o The Two Princes
- o Ear Snacks
- o KidNuz



# Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



**1** How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

**2** Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

**3** Get building! You could build a Lego model, a tower of playing cards or something else!

**4** Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

**5** Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

'Learning from home is fun'

Thanks!



**6** Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

**7** Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

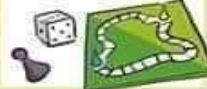


**8** Use an old sock to create a puppet. Can you put on a puppet show for someone?



**9** Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

**10** Design and make a homemade board game and play it with your family.



**11** Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



**12** Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

**13** List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



**14** Design and make an obstacle course at home or in the garden. How fast can you complete it?



**15** Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



**16** Keep moving! Make up a dance routine to your favourite song.



**17** Write a play script. Can you act it out to other people?



**18** Read out loud to someone. Remember to read with expression.



**19** Write a song or rap about your favourite subject.



**20** Get sketching! Find a photograph or picture of a person, place or object and sketch it.



**21** Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

**22** Draw a map of your local area and highlight interesting landmarks.



**23** Write a postcard to your teacher. Can you tell them what you like most about their class?



**24** Draw a view. Look out of your window and draw what you see.



**25** Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?



Common Sense Media  
<https://www.commonsensemedia.org/>

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**PW: Clifford**

<https://classroommagazines.scholastic.com/support/learnathome.html>

<https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html>

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# UNC TV

Public Media North Carolina



**PBS KIDS Channel**



<https://www.unctv.org/kids/>