

Child's Name _____

Unit _____

For the Week of _____ (WEEK _____)

Head Start 1/4 hr increments for each activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A. Social-Emotional (Mark completed activities with an X)	1/4	1/4	1/4	1/4	1/4	1/4	1/4
1. Practice bedtime routine.							
2. Talk or activity about feelings.							
3. Activity with sharing and cooperation.							
4. Activity with taking turns.							
5. Draw a picture of your family.							
6. Making/playing with friends.							
7. Talks about self, likes/dislikes.							
8. Talks about families and stories.							
9. Visit community sites and events.							
10. Visit a neighbor.							
B. Physical (Mark completed activities with an X)	1/4	1/4	1/4	1/4	1/4	1/4	1/4
11. Move or dance to music.							
12. Ride and steer a trike/bike/wheeled toy/etc.							
13. Balance on one foot.							
14. Walk on line or beam.							
15. Catch, bounce, throw, kick object.							
16. Crawl, walk, run, hop, jump, gallop, skip.							
17. Exercise with others.							
18. Walk up and down steps.							
19. Writing/drawing.							
20. Snips with scissors.							
21. String beads or objects.							
22. Finger play.							
23. Draw with crayons, markers, etc.							
24. Use scissors and glue.							
25. Make collage: torn/cut nature objects.							
26. Play with playdough.							
27. Make up dances.							
C. Language/Communication (Mark completed activities with an X)	1/4	1/4	1/4	1/4	1/4	1/4	1/4
28. Talk with child about interests.							
29. Play travel games, ie. "I Spy".							
30. Expand vocabulary with poems/songs.							
31. Let child "read" to you.							
32. Discuss sequence of daily activities/stories.							
33. Encourage dramatic play with props.							
34. Take a walk & talk about what you see.							
35. Talk about the foods you eat.							
36. Show and tell using describing words.							
37. Include child in situation where they can hear English.							
38. Sing repetitive songs and fingerplays.							
39. Daily conversation so child has lots of input to hear sounds of English.							
40. Use repetition with words so child can make connections between words & objects.							
41. Introduce new vocabulary daily.							
42. Play games saying the words and doing the actions.							
43. Make up songs or stories.							
Sub total for front page							

Head Start 1/4 hr increments for each activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
D. Cognitive (Mark completed activities with an X)	1/4	1/4	1/4	1/4	1/4	1/4	1/4
44. Sort and/or match objects.							
45. Discuss how items are different/alike.							
46. Count objects.							
47. Play with puzzles and/or building toys.							
48. Play board and/or card games.							
49. Recall sequence of events: 1st, 2nd, next, last.							
50. Make comparisons (more/less, large/small, etc).							
51. Recognize and name colors.							
52. Memorize name, address, phone number.							
53. Talk about family, holiday, or culture.							
54. Help with family chores.							
55. Dramatic play with community jobs.							
56. Make a large play map of your community.							
57. Identify traffic signs.							
58. Self portrait with body parts.							
E. Literacy (Mark completed activities with an X)	1/4	1/4	1/4	1/4	1/4	1/4	1/4
59. Read books connected to the weekly lesson plans & Emergent Literacy Program.							
60. Play with writing tools and paper.							
61. Have child retell a story or experience.							
62. Have child dictate story to go with picture.							
63. Make and mail cards for others.							
64. Draw and/or follow recipe for cooking.							
65. Recognize letters and sounds in name.							
F. Mathematics (Mark completed activities with an X)	1/4	1/4	1/4	1/4	1/4	1/4	1/4
66. 1 to 1 Correspondence, ie. setting table.							
67. Measure: cups/spoons, weight, length, non-standard.							
68. Play games with shapes.							
69. Play games with more/less, greater than/fewer than.							
70. Play and extend patterns, AB, ABC, etc.							
71. Play games with over, under, top, bottom, etc.							
72. Make a graph.							
73. Compare objects using 1 attribute.							
G. Science (Mark completed activities with an X)	1/4	1/4	1/4	1/4	1/4	1/4	1/4
74. Cause & effect (mix colors, empty/full wagon, cooking, etc.).							
75. Take seasonal walks and make collage/collection.							
76. Make a food item. Use all your senses.							
77. Practice proper hand washing/talk about germs.							
78. Supervise brushing teeth/talk about dental health.							
79. Make mystery box: texture, shape, smell, sound.							
80. Tasting party: sweet, salty, spicy, sour, etc.							
81. Do simple investigations: predict, observe, test, etc.							
82. Experiment with paint and paper.							
Sub Total for back page							
Total Hours per Day (Total - 3hrs Maximum)	(SubTotal)						
Total for the Week							

Volunteer Signature: _____ Date: _____

HBT/CT Signature: _____ Date: _____

Reviewed & Approved by _____ Date: _____