**NCO Head Start Child Development Program**
550 North State Street
Ukiah, CA 95482

tel: 707.462.2582
fax: 707.462.4792

# Home Activities for School Readiness
# For Emergency School Closure

| CHILD'S FULL NAME: | | | | DATE OF BIRTH: | | DATE: | |
|---|---|---|---|---|---|---|---|
| SITE: | | CLASSROOM: | | WEEK ENDING: | | | |

During this School Closure we are providing these Home Activities to promote continued learning and school readiness *in the areas of math & science, Language & literacy, health and physical development*. We encourage you to share these experiences and activities with your child.

**1. Place a check mark in the box for the day(s) that the activity was completed. We anticipate that each activity will take about 15 minutes.**

Activity 1: Read a favorite book to your child 10 to 20 min per day. Point to pictures, familiar words and talk about the story as you read it. Have your child read a favorite book to you, one they know.

Check days completed:

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| MON | TUES | WED | THURS | FRI | SAT | SUN |

Activity 2: Throughout the week complete Week 13 from 2nd Step. Follow the tips on the handout. For Infants and younger Toddlers spend time throughout the week talking throughout the day—Learning Game #55 (this is also still important for preschoolers).

Check days completed:

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| MON | TUES | WED | THURS | FRI | SAT | SUN |

Activity 3: Get outside and play with some balls or make your own ball (instructions included) This can also be an inside game—just use softer balls.

Check days completed:

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | |
| MON | TUES | WED | THURS | FRI | SAT | SUN |

**2. Daily Learning Activities** are any activity that promotes learning in each of the domains of development. See back for descriptions of the domains that promote learning. Check the school readiness domains you completed throughout the day and check average amount spent per activity:

| | | | | | |
|---|---|---|---|---|---|
| Social-Emotional/self help | ☐ | ☐ | ☐ | ☐ | ☐ |
| Math & Science | ☐ | ☐ | ☐ | ☐ | ☐ |
| Language & Literacy | ☐ | ☐ | ☐ | ☐ | ☐ |
| Health | ☐ | ☐ | ☐ | ☐ | ☐ |
| Physical Development | ☐ | ☐ | ☐ | ☐ | ☐ |
| Write time spent in activity | ☐15 ☐20 ☐30 Min Per Activity | ☐15 ☐20 ☐30 Min Per Activity | ☐15 ☐20 ☐30 Min Per Activity | ☐15 ☐20 ☐30 Min Per Activity | ☐15 ☐20 ☐30 Min Per Activity |
| | MON | TUES | WED | THURS | FRI |

**3. PLEASE RETURN THIS FORM TO YOUR CHILD'S CLASSROOM TEACHER FOR CREDIT.**

## Lesson Time

Your child is learning that we feel feelings in our bodies. He or she is also learning about feeling worried.

Children are learning these steps for when they feel worried:

- Put your hands on your tummy.
- Ask, "How is my body feeling?"
- Notice how your body feels. It may feel uncomfortable. Your tummy might hurt or your heart might beat quickly.
- Talk to a grown-up.

When your child is worried, talking to a grown-up can help him or her cope.

## Play Time

Play a game with your child to practice what to do when feeling worried.

Say: **We are going to play I'm Worried. First think about something you sometimes worry about. Now say, "I'm worried." Put your hands on your tummy and ask, "How is my body feeling?" Now tell me what you worry about.** Give your child an example of what you worry about: **I sometimes worry I will be late for work.**

Continue playing if your child has more than one thing he or she worries about.

## Story Time

This week's story is about Michael. Michael is waiting for his grandma to pick him up. She is late. Ask your child about this story.

- **What do you see in this photo?**
- **How is Michael feeling?** (Worried.)
- **How can you tell?** (By the look on his face. By his body—it looks like his tummy hurts. By what is happening.)
- **What can Michael do to feel better?** (Talk to a grown-up—his teacher.)

**Now let's pretend you're Michael and I'm your teacher. How can Michael tell his teacher what he's worried about?** (I'm worried. My grandma is late. I wonder where she is.)

© 2011 Committee for Children

# How to Make a PAPER BALL!

Step 1:

Collect Materials:
1. Scratch paper or newspaper (as many as you like depending what size of the ball you like)
2. Scotch tape or masking tape (any tape will do)
3. Colored paper (it's okay if you don't have any)

---

Step 2:

Crumple the paper into a circle.

---

Step 3:

Wrap the other paper into your first crumpled paper.

---

Step 4:

Do the same thing to the other papers. It will get bigger and bigger. Stop your crumpling if the size is okay for you already.

Step 5:

After all the paper is used, grip it tight with your hands.

---

Step 6:

Next, wrap around the tape to the ball.

---

Step 7:

Play with it! You can wrap around the colored paper and you can design it!