

HEAD START HOME CONNECTION

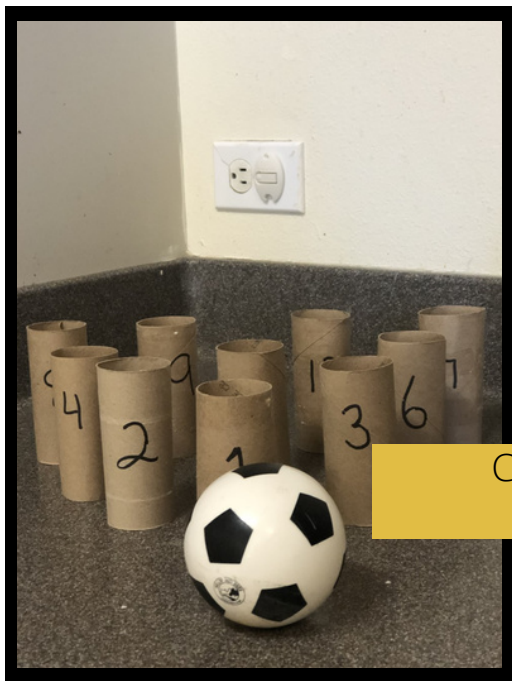
Week 1

What is this? This is a bowling game. It is made using toilet paper rolls. Number each roll 1-10. You may decorate each toilet paper roll if you would like. Invite your child to roll the ball toward the "pins". Can they knock them all down? Can they aim for a specific number?

Why did you choose to do this activity?

During this time of staying indoors, and virtual learning, children may get a little antsy. This a fun activity for the whole family. It gets everyone up and moving while having fun!

What will children learn? This activity will support children with gross motor skills: strength in the upper arms and shoulders and endurance in the upper arm, shoulder, and legs. Bowling takes hand-eye coordination as your child rolls the ball towards a specific number and math skills as they recognize numbers and practice counting.



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What is this? A creation station. Gather recycled materials from around the house like egg cartons, ribbon, toilet paper, and paper towel rolls, paper bags, tissue paper, egg cartons, paper, newspaper, ribbon, cereal boxes, milk cartons, lids, and tissue boxes. You can use glue or tape and a pair of children's size scissors. Store your materials in a container or a box. Invite your children to imagine and build anything they can think of.

Why did you choose to do this activity?

This activity has no rules or expectations. It is an open-ended art experience! Your child can use their imagination to freely create.

What will children learn? Working with open-ended materials promotes engineering, experimenting, imagination, and invention. Through this creative work, children figure out how materials and tools work, how to take things apart, and how to put things together.

It involves the process of iteration, or repetition, when something doesn't work, children are encouraged to try another strategy or use different materials.



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Exercise Ideas for Kids (and Adults!)

Headstands: A great activity for your core muscles and to get the blood going to the brain.

Obstacle course: Create a furniture course inside or take chalk and make a course outside. Add in specific mental or physical challenges to keep them guessing.

Wheelbarrow, crab, and bear-walk races: Holding one of these tough positions gives you a real workout.

Animal races: Hop like a bunny or frog; squat and waddle like a duck; and so on.

Dance party: Turn on the music and shake your groove thang.

Jumping jacks: Simple but good for coordination and they get your heart going.

Parachute: This kiddie gym standby can be re-created at home with sheets. Each kid takes an end of the parachute or sheet and fans it upward while one of you runs underneath.

Clean-up race: Set a timer or put on a song to see who can clean up the room the fastest.

Hallway bowling: Fill up water bottles and use any ball you have.

Process vs. Product Art

Encouraging children to focus on process-focused art which is open-ended and not focused on the end product helps their development. Children are able to relax, focus, feel successful, and feel like they can express their feelings which encourages social and emotional development. Open-ended art also helps physical development because they are using their fine motor skills to paint, write, glue, and more. Children also exercise their cognitive skills through comparison, predictions, plans, and problem-solving. Try encouraging your child to express themselves freely through the art process and worry less about the end product.



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