



3 to 5 HEAD START CURRICULUM INKIND FORM
 To OAHE CHILD DEVELOPMENT CENTER
 WEEK OF March 15-21, 2020

Child's Name: _____

Class: _____

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
15 minute increments for each activity, but no more than 4 hours per day.							
A. Social-Emotional (Mark completed activities with an X)							
1. Use a mirror to recognize emotions and talk about them.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
2. Act out situations or feelings, role play to see how your child responds and talk about this.							
3. Encourage your child to use words to express themselves.							
4. Greet your child in new ways, and then have them greet others using the new way.							
5. Ask your child, "How was your day?" talk about what they did, who they played with ...							
6. Play games that require taking turns or sharing.							
7. Expose your child to social situations outside the home (church, parks, restaurants).							
B. Physical Development (Gross/Fine Motor) (Mark completed activities with an X)							
8. Practice walking in different directions – front, backward, sideways ...	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
9. Walk on tip toes.							
10. Play throwing and catching games.							
11. Pour water, sand or other materials from one container to another.							
12. Using a jar or can find objects that will fit into the opening.							
13. Squeeze clothes pins.							
14. Cut out foot print shapes (animal or human), place them on the floor and have child step from one to the other.							
15. String beads, noodles, buttons ...							
16. Use tongs to pick things up.							
17. Play leapfrog or hopscotch; use a hula hoop.							
18. Draw several types of lines on paper for your child to cut; cut pictures from magazines.							
19. Help your child button and unbutton, zip and unzip, tie shoes, etc							
20. Build towers out of blocks or boxes.							
C. Language (Mark completed activities with an X)							
21. Start telling your child a story and have them fill in the blanks or finish the story.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
22. Have your child follow directions that contain color and/or number words: bring me 3 red socks.							
23. Offer your child options: let them decide what to wear, what to make for dinner ...							
24. Play Follow the Leader with the rule: always do what you hear, not what you see.							
25. Recite a series of rhyming words, ask your child to stop when he hears a word that does not rhyme.							
26. Say pairs of words and let your child tell you if the beginning sounds are the same or different (mouse/mat) or (tall/pan).							
27. Describe items in a book or magazine and have your child point to it on the page.							
28. Have your child take steps or jump to match the syllables of their name or other words.							
D. Cognitive (Mark completed activities with an X)							
29. Mix up pairs of pictures and ask your child to find matches and name them.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
30. Go to the grocery store and identify foods that are good for you; foods that are not.							
31. Bigger than me: Have your child compare his body to other objects such as a box, a room, a puppy.							

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32. Ask your child about specific foods at meal times, have them tell you what each food is, what it is eaten with, what food group it is.							
33. Classify and sort objects such as toys, dishes, laundry, etc.							
E. Literacy (Mark completed activities with an X)	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
34. After reading a book, ask questions that begin with when, how, where or why.							
35. Make an ABC book using pictures.							
36. Read signs when driving in the car.							
37. Use a variety of writing tools; pens, pencils, crayons, markers.							
F. Mathematics (Mark completed activities with an X)	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
38. Read counting books and have your child count the pictures.							
39. Walk around your home and have your child find numbers and write them on paper.							
40. Use your fingers, objects, or motions as your child counts to 10 or higher.							
41. Have your child move to and from, behind, in front of, beside, under, etc.							
42. Have your child search for pairs of objects like a comb / brush, soap / washcloth ...							
G. Science (Mark completed activities with an X)	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
43. Make binoculars out of toilet paper rolls, look for things and "write" observations.							
44. Read a story book, ask them what they think will happen next, were they right? Why or why not?							
45. Make your own play dough; let your child measure and mix.							
46. Create a treasure hunt for things that have 2 characteristics, such as being round and being a container.							
47. Play sink or float with toys in the bathtub.							
48. Make sound containers. Put items in a bottle and listen to the sound it makes.							
H. Social Studies (Mark completed activities with an X)	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
49. Use a variety of props to tell a story.							
50. Write a letter to a friend or family member.							
51. Make a chart of what your child is planning to do today, what they will do first, next, last.							
52. Have a sharing time with family photos.							
I. Arts (Mark completed activities with an X)	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
53. Have your child practice drawing pictures of himself, his friends, animals, etc.							
54. Make a collage using different materials and glue.							
55. Move to music – walk, run, hop, skip, and jump.							
56. Dance to different types of music using scarves or kitchen towels.							
57. Sing songs or finger plays to your child, have them sing along.							
Activity Chosen by Parent or Home Visitor to enhance child goals.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.

Parent Signature _____ Printed Name _____ Date _____

OCDC Agency Representative Signature _____ Printed Name _____ Date _____

For OCDC Office use Only:

Total Hours per Day (Hours Max)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours	Rate Per Hour	Total INKIND
	8									

Monitored Encoded _____