






Helping Families.
Strengthening Communities

HINDS COUNTY HUMAN RESOURCE AGENCY HEAD START AT-HOME CURRICULUM SUPPORT ACTIVITIES

January 2021







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Recite "Little Miss Muffet" nursery rhyme with the child.	2 Encourage the child to clean up after messing up.
3 Find a line inside the house and allow the child to jump backwards and forwards over the line.	4 Encourage the child to hop on one foot from one side of the room to the other side.	5 Allow the child to point to the different shapes around the house. Example: windows or doors are square	6 Allow the child to look at their clothes and ask them to name each piece of clothing.	7 Have the child to draw and color an octagon.	8 Talk to the child about the different types of vegetables that are red.	9 Have the child draw six hearts and color them. 
10 Allow the child to name things around the house that are white.	11 Ask the child to tell what a cone looks like.	12 Have the child find something in the house that is white.	13 Place an item in the corner of the room and ask the child to go get it.	14 Ask the child what they think it would be like outside at night watching the stars.	15 Ask your child to explain what a firefighter does.	16 Invite the child to write familiar letters of the alphabet on paper.
17 Ask the child to clap their hands and stomp their feet at the same time.	18 Ask the child to name some items that are shaped like a diamond.	19 Identify and count up to 19 items around the house.	20 Ask the child to tell you what word rhymes with cat. 	21 Ask the child to name different types of transportation that move fast.	22 Ask the child to move their finger under the letters of their name.	23 Give the child up to four steps to remember from a dance to see if the child can remember the steps.
24 Ask the child to help sing "Row, Row, Row Your Boat."	25 Write the letter Ee and the word Egg .	26 Ask the child to name different types of transportation that move slow.	27 Ask the child to find the letter Ss anywhere around the house.	28 Find a line inside the house and ask the child to jump back and forward over the line.	29 Ask the child what sounds the letters Ss and Pp make. 	30 Place small objects on the floor allow the child to move around the objects.
31 Encourage the child to point to the different colors around the house and name them.						



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HINDS COUNTY HUMAN RESOURCE AGENCY EARLY HEAD START AT-HOME CURRICULUM SUPPORT ACTIVITIES

January 2021 0-8 months





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Observe the child as you talk to him/her during feeding time.	2
3	4 Observe the child during tummy (stomach) time while singing a lullaby.	5 Observe your child as you take him/her on a walk around the house.	6 Observe the child during bath time by talking and singing to him/her.	7 Observe the child as you hang toys over the crib that are colorful and can be seen.	8 Talk to the child as he/she is on their back and you are gently rubbing their stomach.	9
10	11 Observe the child as you count their fingers, saying one little duck, two little ducks, and three little ducks.	12 Observe the child as you take him/her on a walk around the house.	13 Observe the child as you play with their feet.	14 Observe the child as you are getting him/her dressed.	15 Observe the child as you sing a song during bedtime to calm them down.	16
17 	18 During bedtime, sing or play some soft music to help them relax.	19 Observe the child trying to get the attention of the parent, teacher, or caregiver in some way (e.g., reaching up and crying).	20 Put on one of your favorite songs. While holding your baby close to your chest, gently move around together with the music.	21 Observe the child's reaction to the lights as you are walking into the bedroom.	22 Observe the child as you shake a rattler in front of them to see what their facial expression would be.	23
24	25 While getting the child dressed, play with their fingers and toes.	26 Show the child their reflection in the mirror, then ask, "Who is that?" 	27 While the child is lying on their back, hold a toy in front of his/her face. If needed, wiggle it slowly or gently touch the child to get their attention, and then move the toy from side to side and encourage them to follow along with their eyes.	28 Observe the child as you give them a massage after a warm bath.	29 Observe the child as you count their fingers, saying one little pig, two little pigs, and three little pigs.	30 
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HINDS COUNTY HUMAN RESOURCE AGENCY EARLY HEAD START AT-HOME CURRICULUM SUPPORT ACTIVITIES

January 2021 8-18 months

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Ask the child to jump as high as they can.	2
3	4 Play the song "Wheels on the Bus." Ask your child to move to this song.	5 Ask the child to roll a ball back and forward to you.	6 Ask the child to point his/her head lips legs eyes nose	7 Ask your child to count up to 10 along with you as you count his/her toes.	8 Make an obstacle course. Ask the child to move through the course.	9
10 	11 Ask the child to come outside to race with you.	12 Ask the child to sing the song "This Is the Way I Take a Bath."	13 Place a line on the floor and allow the child to jump over the line with your assistance.	14 Using a ball or another object, hide the ball and allow the child to find it. Give a little assistance if the child needs it.	15 While sitting on the floor, roll a ball to the child and see if they can roll it back to you.	16 
17	18 When driving down the street, point to letters and tell the child what they are.	19 Point to different colors around the room. Talk about them with the child.	20 When your child is brushing her/his teeth, sing the song "This Is the Way We Brush Our Teeth."	21 Point to things in the room that are yellow and talk to your child about what the things are.	22 When bringing groceries into the house, allow the child to help you put them up if they can.	23
24	25 Ask the child to repeat after you as you say these words: up down open close	26 With your assistance, ask the child to count the cars as you pass them. 	27 Ask the child to count all the green cars on the way home from school.	28 When coming to a stop sign, tell the child what the word "stop" means.	29 Introduce simple words to the child. Examples: at sat rat pat	30
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HINDS COUNTY HUMAN RESOURCE AGENCY
EARLY HEAD START AT-HOME CURRICULUM SUPPORT ACTIVITIES

January 2021
18-24 months

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 During bath time ask the child to tell you their body parts.	2
3	4 Ask the child to help you as you put their clothes on.	5 While driving down the street, ask your child to count the trees.	6 While walking around the house, point to different items and tell the child what they are.	7 Ask the child to clap to the tune "If You're Happy and You Know It."	8 Ask your child to sing their favorite song.	9
10	11 Ask the child to point to the following parts of their face: eyes ear nose mouth cheeks	12 Take a nature walk with your child and point out the different things you see.	13 While the child is sitting in your lap, play peek-a-boo with him/her.	14 Introduce simple words such as: hat rat sat fat	15 While at home, make different sounds using your mouth and see if your child can repeat the sounds.	16
17	18 Ask the child to help clean up their area.	19 Allow the child to help clean up parts of the house.	20 Ask the child to sit on the floor and roll a ball back and forth with you.	21 Ask the child to run in a circle.	22 During dinner, ask the child to tell you what they are eating.	23
24	25 Ask the child if they can lead you to their classroom.	26 Ask the child to count up to 10 by counting his/her fingers.	27 Hide a ball or another item and ask the child to find it with little assistance.	28 While preparing lunch or dinner, talk to your child about what you are cooking.	29 Ask your child to toss a ball to you.	30
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