

NAVAJO HEAD START

September 2020 –Daily Fun with Your Little One

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Writing Tape a large piece of paper to the table or floor and have your child draw on it	2 Play Chew some chewy gum with your child to see how big you can blow a bubble	3 Math Go outside and count the clouds with your child and talk about the different shapes	4 Mental Health Talk about feeling sad. Why do we feel sad? What can you do to feel better? (Feelings)	5
6	7 Songs Sing nursery songs with your child with actions	8 Reading Find a comfortable cool place to read with your child for at least 15 min.	9 Play Set up a sensory station for your child with items around your home	10 Science Make a sensory bottle with your child. Use a recycled water bottle. Fill up with half water, half baby oil, and food	11 Helping Let your child help you with sweeping the inside or the outside porch	12
13	14 Sounds Explore different sounds with the pots and pans in your home	15 Math Mix together 2 different kinds of snacks (cut grapes & raisins) then separate them into 2 piles. Once sorted them eat them	16 Writing Have your child draw you family and pets	17 Helping Let your child help set the table for dinner by setting out the plates and utensils	18 Reading Tell your child words that start with the letter B, such as baby, bottle, bell, etc.	19
20	21 Mental Health Talk about feeling happy. Why do we feel happy? What are some things that make us happy? (Feelings)	22 Helping Help sort socks by color	23 Sounds Listen to sounds of the ocean and talk about the animals that live in the ocean	24 Reading Read your child's favorite book and talk about why it is their favorite	25 Math Find ten blue things in you home	26
27	28 Play Do some kid yoga moves with your child	29 Writing Write a letter to a friend or family member with your child	30 Songs Sing a song about the months of the year	Visit us @ navajohs.org (928)871-6902		

