

**Activity: In And Out**

**Developmental Focus Area: Physical Development Age: 1-2yrs.**

**Children need many opportunities to practice learning their gross-motor skills. Boxes and tunnels are an inexpensive way to provide your child with new gross motor experiences.**

**Materials: Boxes and/or tunnels. What to do: Add tunnels or boxes indoors. You can make a tunnel by hanging a sheet over a table. Encourage your child to explore the box or tunnel. Describe what you see your children doing. Explain what your child is doing. Interact playfully with your child as he/she explores the box or tunnel. Encourage your child to move in different ways. you can say things such as ''you are going around the box'' or ''now you are sitting near the box''.**

**See our Family Resource- “Any Time Reading” for details on this activity. Online Resource- Visit** . https://stories.audible.com/start-listen for more reading activities to support your child’s learning!

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours a week with your child. C:\Users\BCCAP- Head Start\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VAOL3GO4\MC900437791[1].wmf* PAL letters are developed to support your child’s academic/social emotional progress and related to the programs School Readiness goals.**

**Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Rate this activity from 1-5, circle your rating (5= highest rating): **1 2 3 4 5** Comments about the activity: (PROVIDE EXAMPLE) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I agree that completing the at home activity and reading aloud to my child is equivalent to four hours volunteer time for the week. **Parent’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| **DATE** | **Activity Code** | **HOURS WORKED** | **RATE** |
|  | **HA** | **4 hours** |  |