

**Activity: “Low Jump Game”**

**Developmental Focus Area: Physical Age: toddlers (2-3)**

**Now that your child walks well, he will enjoy learning new ways to move. Some children take longer to feel comfortable jumping, but if your child is allowed to progress at his own pace, he will be more willing to practice. If you plan for his safety and success, your child will gain confidence about moving his body in new ways**

**See our Family Resource- “Low Jump Game 48” for details on this activity.**

**Online Resource-** [**www.handsonaswegrow.com**](http://www.handsonaswegrow.com)

**for further information about supporting your child’s Physical development.**

***\*\*\*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]()***

**The 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**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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