

**Activity: Extra Energy**

**Developmental Focus Area: Physical Age: Infant +toddlers (1-2)**

**Children have a lot of energy and need many opportunities to engage in many different physical activates. Regular outdoor play promotes physical development, Providing direction for your child’s outdoor play encourages him or her to get the most from their outdoor experiences.**

**See our Family Resource- Learning Games for “Extra Energy” for details on this activity. Online Resource Visit** <https://www.whattoexpect.com/toddler/photo-gallery/outdoor-activities-for-toddlers-and-preschoolers.aspx>**for physical actives you can do outside for your child who has so much energy!**

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

R**ate 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** |  |