

**Activity: Tell Me About Your Breakfast**

**Developmental Focus Area: Language**

**Age: 1-2.**

**Materials Needed: Markers or crayons**

**Your child may be accustomed to seeing pictures and words together in books, but they must have opportunities to practice making the connection in their work. Invite your child to draw a picture of what they ate for breakfast or lunch that day. encourage them to include detail. You can ask questions such as 'what is in this cup?' or ask your child to label the food they've drawn. You can extend this activity further by asking your child to draw events, emotions, dreams, or memories and label them together with your help.**

**See our Family Resource- ‘’Tell Me About Your Breakfast” for details on this activity.**

**Online Resource :** <https://www.yummytoddlerfood.com/recipes/breakfast/10-healthy-toddler-breakfasts/> **for healthy breakfast ideas**

***\*\*\*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** |  |