

**Activity: “At Arms Reach"**

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

**This activity supports your child's Physical abilities. Allow your child to have some tummy time and place a toy in front of them. Make sure it is in arms reach of your child. Let him/her reach for the toy and try to grab it.**

**See our family resource: “At Arms Reach"**

**Online Resource:** [**https://parenthoodtimes.com/fun-physical-activities-for-kids/**](https://parenthoodtimes.com/fun-physical-activities-for-kids/)

***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** |  |