



# Additional In-Kind Activities



The Head Start Program believes parents are their child's first and most important teacher. Every small activity you do with your child, like counting apples at the grocery store, talking about colors, or taking a walk, helps your child learn and grow. We understand life is busy and full of responsibilities, and sometimes it's easy to overlook these everyday learning moments. By recording them as In-Kind contributions onto your Learning Genie App, you're not only supporting your child's education, but helping ensure our program continues to thrive.

**Directions:** Use the Learning Genie App to add your time for the Everyday Routine and the Daily Activities. Please total your time and submit the total time at the end of the week, on SUNDAY.

There are two new Learning Genie Options for entry.

Everyday Routines	Daily Activities
<p><b>Brushing Teeth</b>  <b>Activity:</b> Let your child hold the toothbrush and practice brushing their own teeth after you demonstrate.  <b>School Readiness Goal:</b> Builds fine motor skills and independence.  <b>Record Time:</b> Add the total time you completed this activity for the week.  <b>Recommended Time:</b> No more than 2-10 minutes per day.</p>	<p><b>Taking a Walk</b>  <b>Activity:</b> Talk about what you see—trees, cars, animals, colors. Count steps or look for letters on signs.  <b>School Readiness Goal:</b> Builds language, observation skills, and math concepts.  <b>Record Time:</b> Activity should only be about 15-20 minutes per day. Add the total time you completed this activity for the week.</p>
<p><b>Bath Time</b>  <b>Activity:</b> Encourage your child to name body parts while washing ("This is my arm; my leg").  <b>School Readiness Goal:</b> Supports language development and body awareness.  <b>Recommended Time:</b> Add the total time you completed this activity for the week. No more than 15-20 minutes per day and add total for week.</p>	<p><b>Visiting a Store</b>  <b>Activity:</b> Ask your child to help find items ("Can you find the red apples?") or talk about numbers.  <b>School Readiness Goal:</b> Encourages problem solving, vocabulary, and math.  <b>Record Time:</b> Activity should only be about 15-20 minutes per day. Add the total amount of time you spent at the grocery store.</p>
<p><b>Dressing for Bed or Getting ready for School</b>  <b>Activity:</b> Ask your child to pick out their clothes and try to put on socks, shoes, or a shirt by themselves.  <b>School Readiness Goal:</b> Promotes self-help skills and decision-making.  <b>Recommended Time:</b> Add the total time you completed this activity for the week. No more than 15-30 minutes per day and add total for week.</p>	<p><b>Cooking Dinner</b>  <b>Activity:</b> Let your child stir, pour, or measure ingredients. Talk about shapes, colors, and amounts while preparing food.  <b>School Readiness Goal:</b> Strengthens fine motor skills, early math, and science concepts.  <b>Record Time:</b> Activity should only be about 15-20 minutes per day. Add the total amount of time you spent cooking with your child and how many times did you ask them to help.</p>
<p><b>Eating Dinner</b>  <b>Activity:</b> Invite your child to set the table by counting out spoons, forks, or napkins.  <b>School Readiness Goal:</b> Builds early math and responsibility.  <b>Recommended Time:</b> Add the total time you completed this activity for the week. No more than 30 minutes per day and add total for week.</p>	<p><b>Folding and Sorting Laundry</b>  <b>Activity:</b> Have your child match socks, sort clothes by size or color, or count shirts.  <b>School Readiness Goal:</b> Supports math, categorization, and responsibility.  <b>Record Time:</b> No more than 15-20 minutes and add total for week.</p>
<p><b>Helping at Home</b>  <b>Activity:</b> Have your child help with simple chores like putting toys away.  <b>School Readiness Goal:</b> Teaches categorizing, organization, and responsibility.  <b>Recommended Time:</b> Add the total time you completed this activity for the week. No more than 15-20 minutes per day and add total for week.</p>	<p><b>Putting Groceries Away</b>  <b>Activity:</b> Ask your child to help sort and put away food items—like putting fruits in a bowl, cans in the pantry, or cold items in the fridge.  <b>School Readiness Goal:</b> Builds sorting, categorizing, responsibility, and early math skills.  <b>Record Time:</b> No more than 15-20 minutes and add total for week. Add the total time you completed this activity for the week.</p>

Use the following link to access the guidelines when needing to see what appropriate times are recommended by age: [Home Connection Activity Guidelines by Age Group](#)

Always follow your child's cues. If they become distracted or tired, it's okay to stop early. Repeating a favorite activity can reinforce learning and build confidence. Make it fun, responsive, and connected to your daily routines!