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| Refer to the information below to ensure you are meeting all the Early Head Start lesson plan  requirements. Creative Curriculum materials should be utilized including highlight hello books, book discussion cards, intentional teaching cards and mighty minutes. | |
| **Content** | **Tip** |
| Mighty Minutes | Supports transitions and learning goals and can be used throughout the day |
| Experiences | Targeted Learning Activities:   * Includes playing with toys, imitating and pretending, stories and books, music and movement, art, sand and water. * Include activities that reinforce math and science concepts such as counting, patterns, color, earth science. * Include activities that reinforce language concepts- songs, storytelling, rhyming.   Art should be open-ended and offered to the child daily as an interest area (example- easel with paint, crayons, etc.).    Sensory should have materials that are safe and appropriate for children (sand and water are the best options) and it should be accessible to children for an extended period. |
| Outdoor/ gross motor | Include a new physical activity weekly such as kicking, throwing, catching, balancing, etc. This does not include playground and/or walk. |
| Family Partnership | Please see the newsletter guidance and refer to Family Engagement Calendar. |
| Routines | Routines include:   * Hellos and good-byes * diapering and toileting * eating and mealtimes * sleeping and nap time * getting dressed   Social emotional skill development that focuses on co-regulations, self-regulations, problem solving, attachment, etc. This can also be linked to the children’s individual goals. |
| Individual Child Goals | Goals will be:   * Updated monthly and changed as the goal is achieved. * Developed from the assessment data in Teaching Strategies, ASQ and e-DECA, parent input and should be achievable in a months’ time. Example- potty training is not an acceptable goal. * Incorporated and observed in any routine or experience throughout the day. |