

LEWIS COUNTY HEAD START/ EARLY HEAD START

EHS Family Togetherness

October 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Play peek a boo or hide and seek.	2 Make a car from a cardboard box.	3 Blow bubbles inside or outside.
4 Play catch or roll a ball.	5 Build a blanket fort over a table or chair.	6 Clean and save applesauce containers until the end of the month for a building activity. (27th)	7 Sing Twinkle Twinkle Little Star (on back)	8 Read a book together.	9 Put fabric scraps or jar tops in a baby wipe container, have fun pulling them out.	10 Go outside and look for birds.
11 Read The Very Hungry Caterpillar.	12 Make an obstacle course with empty boxes and furniture.	13 Put objects into a clean milk container, have your child try to get things in and out.	14 Have a family dance party.	15 Use a muffin tin to sort objects from around the house.	16 Put some scoops or plastic cups in the bath, practice pouring and scooping.	17 Use pots and pans for drums, hit them with a wooden spoon.
18 Stack blocks.	19 Go for a walk, collect leaves in a bag.	20 Glue your leaves into a collage or make a leaf person.	21 Play This Little Piggy, counting your child's toes. (on back)	22 Fill a whisk with pom poms, let your child pull them out.	23 Drop clothes pins into a clean milk jug.	24 Cut toilet paper rolls into sections, string on a shoe lace.
25 Read Good Night Moon.	26 Make shapes from colored paper, have your child jump on them as you call out	27 Stack your saved applesauce containers, knock them over and do it all over again.	28 Use cardboard from a box to make a ramp. Roll a car or ball.	29 Draw with crayons.	30 Read a Halloween or Fall book.	31 Trick or Treat



"Twinkle Twinkle Little Star"

Twinkle, Twinkle, Little Star,
How I wonder what you are,
Up above the world so high,
Like a diamond in the sky.
Twinkle, Twinkle, Little Star,







