

Head Start ELOF Alignment Guide

Countdown2K | astepforward.co

About the ELOF

The Head Start Early Learning Outcomes Framework (ELOF) describes the skills, behaviors, and knowledge that programs must foster in all children. Countdown2K activities are designed to support all five central domains of the ELOF, ensuring comprehensive school readiness preparation.

Approaches to Learning

Social-Emotional

Language & Literacy

Cognition

Physical Development

Approaches to Learning

Emotional & Behavioral Self-Regulation

ELOF GOALS

- Manages emotions with support
- Follows limits and expectations
- Takes care of own needs appropriately

COUNTDOWN2K SUPPORT

- ✓ Calming strategies practice
- ✓ Following classroom rules
- ✓ Self-help skills activities

Cognitive Self-Regulation

ELOF GOALS

- Maintains focus
- Persists at tasks
- Holds information in mind

COUNTDOWN2K SUPPORT

- ✓ Multi-step activity completion
- ✓ Challenging puzzles and games
- ✓ Memory and sequence activities

Initiative & Curiosity

ELOF GOALS

- Demonstrates flexibility
- Shows eagerness to learn
- Uses imagination

COUNTDOWN2K SUPPORT

- ✓ Open-ended exploration
- ✓ Daily discovery activities
- ✓ Creative problem-solving tasks

Creativity

ELOF GOALS

- Creates using variety of materials
- Expresses self through art
- Approaches tasks inventively

COUNTDOWN2K SUPPORT

- ✓ Art projects with various media
- ✓ Creative expression activities
- ✓ Building and construction play

Social & Emotional Development

Relationships with Adults

ELOF GOALS

- Engages in positive interactions
- Seeks support when needed
- Uses adults as resources

COUNTDOWN2K SUPPORT

- ✓ Teacher interaction activities
- ✓ Asking for help practice
- ✓ Trusting relationship building

Relationships with Other Children

ELOF GOALS

- Engages in cooperative play
- Develops friendships
- Resolves conflicts

COUNTDOWN2K SUPPORT

- ✓ Cooperative games
- ✓ Partner activities
- ✓ Conflict resolution practice

Sense of Identity & Belonging

ELOF GOALS

- Demonstrates self-confidence
- Recognizes own abilities
- Identifies as part of groups

COUNTDOWN2K SUPPORT

- ✓ Self-portrait activities
- ✓ Celebrating accomplishments
- ✓ Classroom community building

Emotional Functioning

ELOF GOALS

- Identifies emotions
- Expresses feelings appropriately
- Manages feelings

COUNTDOWN2K SUPPORT

- ✓ Feelings identification
- ✓ Emotion vocabulary building
- ✓ Self-regulation strategies

Language & Literacy

Attending & Understanding

ELOF GOALS

- Comprehends language
- Follows directions
- Engages in conversation

COUNTDOWN2K SUPPORT

- ✓ Story comprehension activities
- ✓ Multi-step directions practice
- ✓ Discussion and sharing times

Communicating & Speaking

ELOF GOALS

- Uses expanding vocabulary
- Speaks clearly
- Uses language for various purposes

COUNTDOWN2K SUPPORT

- ✓ Vocabulary building activities
- ✓ Show and tell practice
- ✓ Storytelling and retelling

Vocabulary

ELOF GOALS

- Understands new words
- Uses words in context
- Connects new words to known words

COUNTDOWN2K SUPPORT

- ✓ Daily vocabulary introduction
- ✓ Context-rich activities
- ✓ Word association games

Emergent Literacy

ELOF GOALS

- Demonstrates phonological awareness
- Shows alphabet knowledge
- Demonstrates emergent writing

COUNTDOWN2K SUPPORT

- ✓ Rhyming and sound activities
- ✓ Letter recognition games
- ✓ Name writing and tracing

Cognition

Exploration & Discovery

ELOF GOALS

- Observes and describes
- Compares and categorizes
- Asks questions

COUNTDOWN2K SUPPORT

- ✓ Nature observation activities
- ✓ Sorting and classifying
- ✓ Inquiry-based exploration

Memory & Reflection

ELOF GOALS

- Remembers and connects experiences
- Applies knowledge to new situations

COUNTDOWN2K SUPPORT

- ✓ Memory games
- ✓ Making connections activities
- ✓ Problem-solving challenges

Reasoning & Problem-Solving

ELOF GOALS

- Seeks solutions
- Classifies objects
- Uses symbols

COUNTDOWN2K SUPPORT

- ✓ Puzzle activities
- ✓ Pattern work
- ✓ Symbolic play

Emergent Mathematical Thinking

ELOF GOALS

- Counts with understanding
- Recognizes shapes
- Compares and measures

COUNTDOWN2K SUPPORT

- ✓ Counting activities (1-20)
- ✓ Shape recognition games
- ✓ Measurement exploration

Perceptual, Motor & Physical Development

Gross Motor

ELOF GOALS

- Moves with coordination
- Demonstrates balance
- Participates in physical activity

COUNTDOWN2K SUPPORT

- ✓ Movement breaks
- ✓ Gross motor games
- ✓ Active play activities

Fine Motor

ELOF GOALS

- Controls small muscles
- Uses writing tools
- Manipulates objects with precision

COUNTDOWN2K SUPPORT

- ✓ Scissor skills practice
- ✓ Writing and drawing
- ✓ Fine motor manipulation activities

Health, Safety & Nutrition

ELOF GOALS

- Performs self-care tasks
- Follows safety rules
- Makes healthy choices

COUNTDOWN2K SUPPORT

- ✓ Self-help skills (zipping, buttoning)
- ✓ Safety awareness discussions
- ✓ Healthy habits activities

Head Start School Readiness Goals

Countdown2K supports programs in meeting Head Start school readiness goals by providing:

- ✓ Daily activities aligned to all ELOF domains
- ✓ Progress monitoring tools for data collection
- ✓ Family engagement resources
- ✓ Individualization support for diverse learners
- ✓ Transition-focused activities for kindergarten
- ✓ Culturally responsive activity options

Documentation & Assessment Support

Use Countdown2K tools to support your Head Start documentation requirements:

Progress Reports: Track individual child progress across all ELOF domains

Activity Cards: Document specific activities aligned with school readiness goals

Readiness Checklist: Assess skills at beginning, middle, and end of program year

Family Templates: Document family engagement and home-school connection

