

Daily Learning Planner

*Ideas families can use to help children
prepare for school*

Shelton Youth & Family Services



THE
PARENT
INSTITUTE®

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Daily Learning Planner: Ideas Families Can Use to Help Children Prepare for School—Try a New Idea Every Day!

- 1. Draw a hopscotch pattern on the sidewalk with chalk. Show your child how to hop through the pattern.
- 2. Help your child make unusual prints by dipping flowers or other natural objects into paint and then pressing them onto paper.
- 3. Ask your child how the sun helps us. (Feeds plants, keeps us warm.) Can it hurt us? (Causes sunburn.)
- 4. Ask your child to classify things. For example, say, "A fan can cool you down when you're hot. What other things can cool you down?"
- 5. Go "fishing" with your child. Cut fish out of construction paper. Attach paper clips to them. Make a fishing rod from a stick, string and magnet.
- 6. Help your preschooler notice how good it feels to be asked politely, treated nicely and thanked. Say that others feel the same way.
- 7. Let your child try to fit a key into a lock. Talk about things that require keys, such as doors, cars and some boxes.
- 8. Help your child think of an imaginary land. Together, name it and make up a story about it.
- 9. Give your child a variety of items to arrange according to size.
- 10. Encourage your child to bounce a large ball and try to catch it.
- 11. Before bed tonight, read a story or poem about the stars together.
- 12. Offer praise immediately after your preschooler does something right. Reinforce it by giving your child a gentle hug or a thumbs-up.
- 13. Bake a cake together. Help your child measure and mix ingredients.
- 14. Go on a color shopping trip. Make a list of colors with your child. At the grocery store, try to find one item of each color.
- 15. Ask your child questions about preschool that can't be answered with *yes* or *no*. "What did you do outside today?"
- 16. Together, learn something new about a person your child admires.
- 17. Put objects starting with the letter P into a bag—penny, paper clip, pen. Let your child reach in and guess what each is without looking.
- 18. Garden together today. Pull weeds, spread mulch, plant flowers outside. Or pot plants indoors.
- 19. Ask your child to draw a picture of an imaginary garden.
- 20. Follow up activities with related reading. If you and your child ride a bus, read a book together about buses or transportation.
- 21. How many words can your child name that rhyme with *bat*?
- 22. Talk about things in your child's environment. Does your preschooler know all the names of frequently seen items in your home?
- 23. Encourage your child to try two motor tasks at the same time—for example, clapping hands while walking.
- 24. Go outside and blow bubbles. See if your child can catch one without breaking it.
- 25. When your child asks you to play, read or do a puzzle together, say, "I'd love to!"
- 26. Have a picnic today, either inside or outside.
- 27. Teach your child how to say *thank you* in several different languages.
- 28. Talk about inside and outside voices. Inside voices are quiet. Outside voices are louder.
- 29. Write a letter together to a loved one. Have your child draw pictures.
- 30. When you read to yourself, say, "I'm learning a lot by reading. Why don't you read, too?" Then give your child a picture book.
- 31. Say a simple word, such as "ball." See if your child can name another word that begins with the same sound. What letter makes that sound?