

Daily Learning Planner

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



THE
PARENT
INSTITUTE®

May 2023

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

- ☐ 1. Ask your child whether it would be more fun to travel in a car, a train or an airplane. Why? Where would your child go?
- ☐ 2. Expect your child to pick up toys after play time. Turn on some clean-up time music!
- ☐ 3. Give your child a hug and say "I love you."
- ☐ 4. Help your child pour uncooked rice or water from one container to another.
- ☐ 5. In the grocery store, ask your child to look for foods that are purple.
- ☐ 6. It's Physical Fitness and Sports Month. Look for a new physical activity you can enjoy together as a family.
- ☐ 7. Set a goal for the day with your child. Make reaching it as fun as possible.
- ☐ 8. Help your child name each of the five senses and what people use them for.
- ☐ 9. Experiment with shadows. Where should you and your child stand in relation to the sun to see your shadows?
- ☐ 10. Spray shaving cream on a plate and let your child draw in it. This gets fingers ready to write letters.
- ☐ 11. Make a list with your child of five things to do during a rainstorm.
- ☐ 12. Visit a playground where your child can run, jump and climb safely. These are important motor skills.
- ☐ 13. Plan an evening walk with your child. Watch the sun set.
- ☐ 14. Use a spoon as a ruler and see how many "spoons" tall your child is.
- ☐ 15. Write a letter of the alphabet on a piece of paper. Ask your child to draw things that begin with that letter.
- ☐ 16. Choose a book with lots of pictures. Have your child tell you the story based on the illustrations.
- ☐ 17. Promote family principles. Say things like "In our family we use kind words and we don't hit."
- ☐ 18. Call your local library (or check its website) and find out when the next children's event is. Mark it on the calendar and plan to attend.
- ☐ 19. Help your child practice counting all through the house. How many doors are there? Windows? Chairs?
- ☐ 20. Ask your child to problem-solve. "How can we get all these toys to fit in the basket?"
- ☐ 21. Go daytime camping in your backyard. Drape a sheet over chairs for a tent.
- ☐ 22. Together, look at your preschooler's reflection on the back of a spoon. How does it make your child appear?
- ☐ 23. Draw several items on paper. Ask your child to count them.
- ☐ 24. As you do errands, help your child talk with people you meet about the jobs they do.
- ☐ 25. Together, learn something new about a person your child admires.
- ☐ 26. Play catch with your child.
- ☐ 27. Help your child create a mini "store" with clothes and play money.
- ☐ 28. Go on a picnic with your child. After eating, stretch out on a blanket and read together.
- ☐ 29. Offer encouragement after a setback. "You are growing and learning a lot and I think you'll be ready to try again soon!"
- ☐ 30. Help your child practice cutting with safety scissors. Demonstrate how to cut in a straight line and then a curve.
- ☐ 31. When talking about your child, avoid complaining if there is even a chance that your child could overhear.