

Daily Learning Planner

Ideas families can use to help children
prepare for school



THE
PARENT
INSTITUTE®

October 2023

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

- 1. Make up a song featuring your child's name.
- 2. Say a word and see if your child can tell you its opposite.
- 3. Tap out a pattern using a pot and a wooden spoon. Then have your child tap out the same pattern.
- 4. Start a family savings jar. Family members can decide on a goal and how each person will contribute.
- 5. As the temperature gets colder, people light more fires. Discuss fire safety with your child.
- 6. Have a word of the day. Challenge family members to use it in a sentence. Make this a daily habit.
- 7. Ask your child to point out items on your list in the grocery store.
- 8. Have a pretend phone call with your preschooler. Talk about what your child did *yesterday* and what would be fun to do *tomorrow*.
- 9. Show your child how to make a simple sandwich.
- 10. Mix different colors of dried beans or cereal pieces. Have your child sort them into piles by color.
- 11. Place different items in a shoebox. Cut a hole in the top. Let your child reach in and guess what the items are by feel.
- 12. Play a game of charades with your child. Use hand gestures and motions to describe your word.
- 13. Draw pictures with your child. Talk about what you are drawing, and ask your preschooler to do the same.
- 14. Check out a library book with pictures of faraway places. Look at it with your child.
- 15. Create an art gallery. Frame and hang your child's artwork. Rotate the work on display frequently.
- 16. Point out the patterns on different fabrics to your child. Recognizing patterns is a necessary skill for math and reading.
- 17. Help your child use strips of construction paper to make a chain.
- 18. Place a flat object, such as a large paper clip, on a piece of paper. Let your child paint over it, then remove the object to see the design.
- 19. Together, see how many letters you can form with your bodies.
- 20. When you serve food, talk about how you divide it. "There are two of us and one apple. We'll cut it into *halves*."
- 21. Ask your child, "What are three things you like about yourself?"
- 22. Involve your child in a job you have been meaning to do, such as organizing toys.
- 23. Get on eye-level when you correct your child. Sit, kneel or crouch.
- 24. Set aside time every day for reading aloud. Sometimes, let your child read to you.
- 25. Cut out pictures from magazines or catalogs. Cut each in half. Have your child match tops to bottoms.
- 26. Have your child follow three-step directions, such as, "Go inside, take off your shoes and put them in the closet."
- 27. Go on a shape hunt together through your home. What things are circles? Rectangles? Squares?
- 28. Visit a pumpkin farm or market to see the pumpkins on display. Talk about different dishes made with pumpkin.
- 29. Have fun with a classic fall activity. Rake leaves and jump into them!
- 30. Show your preschooler how to string a macaroni necklace. Together, count each piece of macaroni as your child strings it.
- 31. Encourage your child to draw a self-portrait.