

Daily Learning Planner

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



THE
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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. Look at a calendar with your child. What month is it? What kinds of things happen in September?
- 2. At the library, have your child pick out a book for you to read aloud.
- 3. Take your child outside for a "listening minute." Close your eyes and take turns naming the sounds you hear.
- 4. Lay out several household objects and ask your child to line them up from *smallest* to *largest*.
- 5. Teach your child about uppercase and lowercase letters. Write a letter both ways on an index card. Repeat for the other letters.
- 6. Ask your child to check the weather and draw a picture of it.
- 7. Help your child practice tying shoelaces in a bow. If your child's shoes don't tie, use yours.
- 8. Fill glasses with different amounts of water. Have your child tap them with a metal spoon and listen to the different tones.
- 9. Make some popcorn with your child. Make popping noises together and jump around like popping kernels.
- 10. Create an indoor obstacle course. Your child could go *around* a chair, *under* a table, or *through* a large box.
- 11. Have your child draw a picture of nighttime and a picture of daytime.
- 12. Remove three items from your purse or pocket. Show them to your preschooler, then put them away. Can your child name them?
- 13. Make plans for a special parent-child day.
- 14. Stretch a rope on the ground. Show your child how to jump over it from side to side.
- 15. Make faces that show different emotions (happy, sad, surprised, etc.). Ask how your child thinks you feel with each face.
- 16. Ask your child *how* and *why* questions. They require reasoning.
- 17. Say a word, such as *cat*. Can your child think of a word that rhymes?
- 18. Fill a jar with small items. Ask your child to guess the number of items. Then count them together.
- 19. Ink your child's fingers on a washable stamp pad and press them on paper. Explain that no two fingerprints are the same.
- 20. Discuss some of the weather changes that take place in the fall. (Daytime is colder and shorter.)
- 21. Have your child name the people in your family. Who is the *oldest*? The *tallest*?
- 22. Have a family movie night. Talk about what was *real* and what was *pretend* in the movie.
- 23. Play hide-and-seek with your child. When you are the one hiding, clap your hands so your child can listen to find you.
- 24. Read three poems with your child today.
- 25. Visit a park or playground together. Encourage your child to interact with the other children there.
- 26. Create "leaf impressions." Have your child place a sheet of paper over some leaves and rub over the paper with crayons.
- 27. Teach your child a new skill, like folding napkins or feeding a pet.
- 28. Plant a fall flower, such as a mum, with your child. Or plant bulbs that will come up in the spring.
- 29. Poke holes in the bottom of a large plastic bottle. When you are outside, fill the bottle with water and let your child sprinkle the grass.
- 30. Collect leaves, bark, and sticks together. Have your child glue them to paper to make a tree.