

# Daily Learning Planner

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

Special Education Parent Resource Center  
Roanoke County Schools



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. Help your child prepare a healthy snack. Mix small finger foods like whole grain cereal, popped popcorn and raisins.
- 2. Hide a small toy in a shoebox and tape the lid on. Ask your child to shake the box and try to guess what's inside as you give clues.
- 3. Measure your child's height. Keep a record, then measure again in December and see how much your preschooler grew.
- 4. Have a reading dinner. Read a family favorite aloud.
- 5. Watch an educational TV show with your child. Talk about a value or help your child practice a skill from the show.
- 6. Together, collect small items from nature, such as leaves and twigs. Brush glue on paper and have your child use the items to make a picture.
- 7. Have a backward day. Walk backward. Eat breakfast food for dinner.
- 8. Praise your child for doing something well today. Be specific, so your child understands what actions to repeat next time.
- 9. Help your child learn a tongue twister, like "Peter Piper picked a peck of pickled peppers."
- 10. Play What am I? with your child. Say, "I am big and tall. I have a long neck and I live in Africa. What am I?"
- 11. As you do your daily tasks, explain to your child what you are doing.
- 12. Help your child mix 1 cup cornstarch and 1/2 cup water in a bowl. Squish it and it becomes solid. Let it sit and it turns back into a liquid.
- 13. Have your child practice naming the days of the week.
- 14. Foster independence. Make rules about when and how your child can do things independently, such as get a snack or a drink of water.
- 15. Teach your child to follow three-step directions: "Please go inside, take off your shoes and put them in the closet."
- 16. Set out different sizes of pots, along with their lids. Ask your child to match each pot with the correct lid.
- 17. Read a story aloud. Stop before it ends. Ask how your child thinks it will turn out.
- 18. Go outside with your child for a "listening minute." Close your eyes and take turns naming the sounds you hear.
- 19. Saving money in a "penny pot" teaches your child that pennies count. When the pot is full, spend the money on something fun.
- 20. Play musical chairs as a family. It encourages listening and thinking.
- 21. Read a book about bats (the kind that fly) with your child.
- 22. Write a letter of the alphabet. Think of things that begin with that letter and have your child draw some of them.
- 23. Plant some fall bulbs together. Watch them bloom next spring.
- 24. Look in the mirror with your child. Ask, "What color are your eyes? Your hair? How many hands do you have?"
- 25. Declare a red day. With your child, point out the color red all day.
- 26. Have a movie night. Talk about what is real and what is pretend in the movie.
- 27. Make up a story or song with your child's name in it.
- 28. As you do errands, help your child talk with people about their jobs.
- 29. Ask your child to pretend to be a character from a book. Try to figure out who your preschooler is pretending to be.
- 30. Tell a story. Ask your child to listen for one word, like *dog*, and clap each time you say the word.
- 31. Help your child draw a picture of a pumpkin.