

# 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. Have your child silently act out something he wants to tell you, instead of using words.
- 2. Talk about your child's favorite winter activity; then make plans to do it together.
- 3. Challenge your child to make shapes or letters with her body. Can she spell her name?
- 4. Play a rhyming game. Ask your child to give you words that rhyme with words you say.
- 5. Give your child some extra bath time. Supervise while he plays in the water with plastic pitchers, cups and spoons.
- 6. Look through a calendar together and point out special days, such as family birthdays.
- 7. Design a family flag. Draw a flag shape, then you and your child can add pictures that show what makes your family special.
- 8. Ask your child to draw a picture of herself today. Was she feeling happy, sad, confused or angry?
- 9. Have an indoor picnic. Spread a blanket on the floor and play music. Let your child help choose the menu.
- 10. Model a healthy habit for your child and invite him to join you.
- 11. Ask your child to help you plan an outdoor activity. What clothes would be appropriate for the weather?
- 12. Use a hanger to make a letter mobile. Write new letters on paper as your child learns them. Hang them on string from the hanger.
- 13. Think of special ways to send your child the message: *I love you*.
- 14. Have your child practice counting to five. If this is easy, have her try counting to 10 or 20.
- 15. Pretend to be snowflakes. Practice "floating" down.
- 16. Pick up some new books from the library for every member of the family.
- 17. Talk about your neighborhood. Can your child name familiar sights? (*park, big tree, store, etc.*)
- 18. Start a made-up story. "A dog went down the road and met a \_\_\_\_." Let your child finish the story.
- 19. Help your child decorate a greeting card for a relative.
- 20. Look in the mirror with your child. Ask questions such as "What color are your eyes? How many hands do you have?"
- 21. Have your child string large beads or O-shaped cereal pieces onto yarn.
- 22. Help your child set a goal and make a plan to achieve it.
- 23. Make up a song featuring your child's name.
- 24. Make your child's favorite sandwich into a puzzle. Have him put the pieces together before eating it.
- 25. Trace your child's shoe on plain paper. Let her use crayons to turn it into a funny picture.
- 26. Make your child laugh! Tell a joke, read a funny story or poem, sing a silly song or draw a cartoon.
- 27. Practice walking sideways with your child.
- 28. Have your child try a new self-care skill today, such as tying shoes.
- 29. Tonight, talk about things that made you and your child happy today.
- 30. Place various objects on a tray. Have your child look at them, then close his eyes and name as many as he can remember.
- 31. Make plans for a special parent-child day.