

# Daily Learning Planner

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

Family and School Partnerships  
Fairfax County Public Schools



THE  
**PARENT**  
INSTITUTE®

## April 2024

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

- ☐ 1. Ask your child to help you sort clean socks into pairs.
- ☐ 2. Make a letter tree. Hang new letters from the tree as your child learns them.
- ☐ 3. Draw a stick-figure person. Leave off a body part. Can your child guess what's missing?
- ☐ 4. Read an age-appropriate joke book with your child today.
- ☐ 5. Praise your child for showing effort: "Look how hard you worked on that—it really shows!"
- ☐ 6. Use a mirror to show how your child's mouth, tongue and lips move in different ways to make various letter sounds.
- ☐ 7. Teach your child to say, "I'm glad to meet you" when introduced to a new person.
- ☐ 8. Ask your child "What if" questions to spark creative thinking: "What if your hair were made of noodles?"
- ☐ 9. Practice walking sideways today with your child.
- ☐ 10. Explain that people learn when they try new things. Set the tone: "This game looks fun. Let's try it!"
- ☐ 11. Go "bowling" with your child. Set up cardboard toilet paper tubes in a hallway and use a ball to knock them down.
- ☐ 12. Share something of yours with your child today. It's the best way to teach your child to share with others.
- ☐ 13. Have a spring clean-up day. Choose a room and have your child help you clean it.
- ☐ 14. Offer your child safe new challenges, such as pouring milk on cereal.
- ☐ 15. Strengthen small motor skills by having your child peel stickers and stick them to a sheet of paper.
- ☐ 16. Read a story to your child. Later, ask your preschooler to retell it to you from memory.
- ☐ 17. Paste part of a photo onto paper. Ask your child to use crayons to complete the picture.
- ☐ 18. Gather some small items. Using a baking sheet as a ramp, ask your child to predict which items will roll and which will slide down it.
- ☐ 19. Set a timer for one minute to give your child a sense of how long that is.
- ☐ 20. Teach your preschooler how to do a sit-up. See how many your child can do in one minute.
- ☐ 21. Talk with your child about playground safety rules, such as taking turns on the slide.
- ☐ 22. Draw a dot-to-dot outline of a picture. Number the dots and have your child connect them.
- ☐ 23. Talk about the parts of plants. Point out *leaves*, *stems* and *roots*.
- ☐ 24. Help your child make a collage from odds and ends around the house—ribbons, string, buttons, etc.
- ☐ 25. Sing your child's favorite song together.
- ☐ 26. When you are on the road, have your child call out numbers that are on the license plates of cars around you.
- ☐ 27. Reward preschool successes with an occasional treat, but don't promise one in advance.
- ☐ 28. Together, look up facts about a favorite animal online or in a book.
- ☐ 29. Ask your child, "What would happen if your favorite animal lived in your room?"
- ☐ 30. Write each letter of your preschooler's name on a separate index card. Can your child put them in the right order?