

Daily Learning Planner

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

Family and School Partnerships
Fairfax County Public 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. At dinner, have family members share things that made them happy during the day.
- 2. Give your child tickets worth 30 minutes of screen time. Unused tickets may be cashed in for treats.
- 3. Trace your child's hand on paper. Cut out the tracing and cover it with clear self-stick paper to make a bookmark.
- 4. Let your child see you keep your temper when you are upset. Instead of yelling, talk calmly about how you feel.
- 5. Brainstorm with your child. "How many different animals can we name?"
- 6. Put various objects on a tray. Have your child look at them, then take the tray away. How many items can your preschooler remember?
- 7. While setting the table, add something that shouldn't be there. Ask your child what doesn't belong.
- 8. Together, find out what's inside a seed. Soak a dry bean overnight, remove the coat and pull the halves apart.
- 9. Show your child a detailed picture. Ask, "Can you name what you see?"
- 10. Dim the lights and slowly move the beam of a flashlight across the floor. Ask your child to jump on the beam.
- 11. Ask your child to complete this sentence: "Something I'm getting better at is ..."
- 12. Help your child do something nice for someone else today.
- 13. Ask your child to think of a different ending to a favorite story.
- 14. Show your child a picture of a rainbow. Can your preschooler name all the colors?
- 15. Make a reading tent together. Throw a blanket over a table. Put in some pillows and books to create a cozy spot for enjoying books.
- 16. Make a puzzle with your child. Glue a picture onto cardboard. Cut it into puzzle shapes.
- 17. Let your child help you make a chore chart. Family members can check off jobs as they finish them.
- 18. Play I Spy. "I spy something red." Let your child guess what it is. Then it's your preschooler's turn to "spy" something.
- 19. Teach your child a new song today.
- 20. On a sunny day, stand on a sidewalk with your child and trace your shadows with chalk.
- 21. When your child makes a mistake, say, "That's OK. We all make mistakes. How can we fix it?"
- 22. Start a family scrapbook. Collect souvenirs, photos and other mementos. Look through it together often.
- 23. Teach your child a nursery rhyme.
- 24. Help your child make a card for a family member. Your preschooler can draw on the front, and you can write on the inside.
- 25. Print your child's name on paper with glue. Have your preschooler glue yarn to the letters. Talk about them and the sounds they make.
- 26. Talk about summer and what the weather is like. What activities can your child do in the summer?
- 27. Tell your child a story about something you did in the summer when you were a small child.
- 28. Ask your child to help you with a household task today. Remember to say *thank you*.
- 29. Visit the library with your child. Check out a book about horses.
- 30. Help your child plant seeds in a container or in your yard.