

Daily Learning Planner

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

Terrebonne Parish Schools
Federal Programs Department



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 a screen-free day today. Together, make a list of fun activities to do.
2. Start a collection with your child today.
3. Allow your child to use an adult tool with your supervision. A small flashlight is a great tool for preschoolers.
4. Have your child fill a tall, clear container with water. Pour it into a shorter, wider container. Does the amount of water look different?
5. Challenge your child to form lowercase letters with clay or play dough.
6. Visit the post office with your child. Call ahead to see if you can get a behind-the-scenes tour.
7. Help your child mix 1 cup cornstarch and ½ cup water in a bowl. Squish it and it becomes solid. Let it stand and it turns back into a liquid.
8. Make a simple pattern. Draw a circle, then a square, then a circle. Ask your child what comes next.
9. Take turns lying down on the sidewalk and tracing around each other's bodies with chalk. Let your child decorate the drawings.
10. Encourage your child to make predictions. "I see lots of dark clouds in the sky. What do you think is going to happen?"
11. Ask your child to string large beads or uncooked pasta tubes onto a piece of yarn.
12. Show your child an apple and an orange. Ask, "How they are the same? How they are different?"
13. Visit the library as a family. Check out books about nature.
14. Together, gather small items from nature, such as leaves and grass. Help your preschooler glue them on paper to make a "forest" picture.
15. While chatting with your child, change the topic. Can your child make the switch? Flexibility is important in social interactions.
16. Does your child have a favorite show? Read books about the characters.
17. Wrap a familiar item in paper and ask your child to guess what it is. Let your preschooler unwrap it to see if the guess was correct.
18. Teach your child to call 911 on your home and cell phones. Rehearse what to say to the operator.
19. Sing an action song, such as "The Wheels on the Bus," with your child.
20. Make bubble solution with ¼ cup dishwashing liquid and 2 cups water. To make wands, bend pipe cleaners into shapes and blow through them.
21. With your child, build something out of household materials, such as paper towel tubes and rubber bands.
22. Look at family photos together. How many relatives can your child name?
23. Have your child make a textured drawing by coloring on a piece of paper with sandpaper underneath it.
24. With your child, close your eyes and try to identify all the sounds you hear.
25. Tonight, ask your child to recall what your family ate at each meal today.
26. Create a costume box for your child. Add yard sale treasures such as gloves, scarves and shoes.
27. Visit a zoo or park as a family and observe some animals. Ask your child to move like they do.
28. Get a bucket of water and a paintbrush. Encourage your child to "paint" on the sidewalk.
29. Talk about the importance of fruits and vegetables for healthy bodies. Let your child help you prepare some for a family meal.
30. Ask your child to place a ball *on* the table, *under* the table, *next to* the table and *in front of* the table.