

Daily Learning Planner

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

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

- 1. Cut yellow triangles and a brown circle out of construction paper. Ask your child to glue the triangles *around* the circle to make a sunflower.
- 2. Get a bucket of water and a paint brush. Encourage your child to “paint” letters and numbers on the sidewalk.
- 3. When your child takes a bath, put in a plastic pitcher and cup. Together, count the number of cups of water it takes to fill the pitcher.
- 4. Write your child a message in a secret code. Draw an eye, then a heart, then the letter U.
- 5. Set up a ball toss. Let your child practice tossing a ball into buckets of various sizes. Gradually increase the distance.
- 6. Challenge your child to draw an upside-down picture today.
- 7. Use a deck of cards to help your child practice sorting. Your preschooler can sort by color, shape or number.
- 8. Find a kid-friendly recipe. Help your child make that dish today.
- 9. Help your child practice self-care. Kindergartners need to be able to use the restroom, wash hands and manage clothing by themselves.
- 10. Visit a playground. Encourage your child to swing, climb and slide.
- 11. Offer praise for something your child did well today.
- 12. Discuss a shared memory with your child. “Remember when we flew a kite? We ran fast to make the kite fly high. What color was our kite?”
- 13. While reading a story, stop and ask what your child thinks will happen next.
- 14. When your child does a chore, talk about how good it feels to complete a necessary task.
- 15. Help your child pick out some school supplies.
- 16. Eat outside tonight! Let your child choose at least one menu item.
- 17. Help your child cut out pictures of fruit from magazines or ads. Let your preschooler glue them on paper to create a funny fruit face.
- 18. Get a pot and spoon and have your child pretend to be on a cooking show. Say, “Can you show and tell the audience what to do?”
- 19. Take a family selfie. Give your child a copy.
- 20. Make bubble solution with 1/8 cup of dishwashing liquid and one cup of water. Who can make the biggest bubble?
- 21. Have your child string uncooked pasta tubes on a piece of yarn.
- 22. Ask your child to guess how long it will take to jump up and down 50 times. Time it and see.
- 23. Ask your child to name places where water is found (*lakes, rivers, etc.*).
- 24. Books that win the Caldecott medal have great illustrations. Help your child find one at the library.
- 25. Use math words to describe actions. “I’m *adding* the milk to the cereal.” “Let’s *divide* this cookie so we can share it.”
- 26. Boost attention span by asking your child to return to activities. “After you have had your snack, you can finish coloring your picture.”
- 27. Point out behavior cues to your child. “See your sister working? When we’re quiet, she can concentrate.”
- 28. Look for ways to involve your child in your hobbies. For example, if you are a runner, take your child for a short jog.
- 29. Help your child turn a large cardboard box into a pretend car.
- 30. Tell your child that fall is coming. Talk about things to expect, such as cooler weather and autumn colors.
- 31. Let your child play teacher. After your preschooler learns a new skill, say “Now it’s your turn to teach me. How do you do that?”