

Daily Learning Planner

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

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

- 1. Give your child a new responsibility, such as watering a plant or feeding a pet.
- 2. Ask your child to complete sentences like, "If I had one wish, it would be ..." or "I'm getting better at ..."
- 3. Have your child draw or paint a picture of the place where you live.
- 4. Find a kid-friendly recipe. Help your child make that dish today.
- 5. Ask your preschooler what kinds of work grown-ups do. See how many different jobs your child can name.
- 6. Plan an indoor campout. Make a tent from a blanket and eat s'mores while you share stories.
- 7. Show your preschooler a penny, a nickel, a dime and a quarter. Can your child identify each one? If not, review them together.
- 8. Help your child practice cutting using safety scissors. Show how to cut in a straight line and then in a curve.
- 9. Say something nice about your preschooler to someone else when your child can hear you.
- 10. Ask your child to jump like a frog, crawl like a turtle or slither like a snake.
- 11. Count how long your child can balance standing on one foot. Then, have your preschooler try the other foot.
- 12. Get two socks. Soak one in water and keep one dry. Let your child tell you which one is heavier. Ask why.
- 13. Let your child help you organize something, like toys on a shelf.
- 14. Have your child use blunt-nose tweezers to pick up small items such as pieces of cereal.
- 15. Teach your child to say "Hello, how are you?" and make eye contact.
- 16. Talk about how animals survive the winter months. What do bears do? How about birds?
- 17. Think of a task you have always helped your child with. Give your preschooler a chance to try doing it independently.
- 18. How do the trees look today? Talk with your child about how things look different when the trees have no leaves.
- 19. Ask your child, "What are the three best things about you?"
- 20. Play an age-appropriate board game with your child.
- 21. If possible, eat all three meals together as a family today.
- 22. Trace your child's hand on paper. Together, think of ways to be a helping hand. Write your child's ideas on the drawing.
- 23. Look through a calendar together and point out special days, such as your child's birthday.
- 24. Cut straws into different lengths. Encourage your child to line them up *shortest to longest*.
- 25. Ask your child a question that encourages problem solving: "If we were outside and got cold, what could we do?"
- 26. Have your child draw a picture of the weather during the morning and another during the afternoon.
- 27. Visit the library together and check out some books about friendship.
- 28. Walk together in different ways to different kinds of music—slowly, quickly, lightly, heavily, on tiptoes, etc.
- 29. Open a fruit that has seeds. Explain that fruit grows from seeds.
- 30. Offer lots of opportunities for your child choose between two options.
- 31. With your child, draw and color a picture of birds.