

Daily Learning Planner

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

Arvin Union School District Early Learning



THE
PARENT
INSTITUTE®

May 2026

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

1. Use a timer to help your child experience different lengths of time—one minute, five minutes, etc.
2. Have a treasure hunt. Decorate a shoebox to make a treasure chest. Fill it with small treats. Hide it and give your child clues to find it.
3. Encourage your child to bounce a ball and try to catch it.
4. Name people you know. Talk about the job each person does.
5. Review safety rules for car and bus trips with your child, such as keeping arms inside the vehicle.
6. Tell your child that people learn when they try new things. Today, try a new food or take a new route home.
7. Ask your preschooler to help you create a recipe for a tasty snack. Your child can name the ingredients and steps as you write them down.
8. Listen to a new type of music together. Discuss how it makes you feel.
9. With your child, name as many kinds of homes as possible, such as apartments and birds' nests.
10. Cover one of your child's drawings with clear contact paper. Your preschooler can use it as a place mat.
11. Show your child a few coins. Name them. Let your preschooler hold them and repeat the names back.
12. Put as many shoes as you can find into a pile. Mix them up. Ask your child to sort them into pairs.
13. Look at your shadows at different times today. Explain that shadows change length depending on where the sun appears in the sky.
14. Grab a handful of blocks. Ask your child to divide them up so you each get half of the blocks.
15. Have your child draw a picture that represents a mood.
16. Take a family trip to the library. At home, have your child help you mark the books' due date on a calendar.
17. Cut sponges into many shapes. Let your child dip them into different colors of paint, then press them on paper to make designs.
18. Tap out a very simple rhythm with household instruments, such as spoons. See if your child can copy it.
19. Let your child use cold, cooked spaghetti to form letters and numbers.
20. As you read a story, say, "This is the beginning," "This is the middle," and "This is the end."
21. Ask your child, "What would you do if you were in charge today?"
22. Show your child how you keep your temper when you are upset. Instead of yelling, calmly talk about how you feel.
23. With your child, look for people who are laughing today.
24. Help your child count items around your home. How many doors, light switches or pillows are there?
25. Enjoy a daytime camping adventure with your child. Drape a sheet over some chairs to create a tent.
26. Have a Pattern Day. Ask your child to find patterns all around, such as a striped shirt or a flowered sheet.
27. Take your child on a walk to look for birds.
28. Ask your child to tell you about activities and things that happened today. What did your preschooler enjoy most?
29. Practice naming the days of the week with your child.
30. Help your child do something nice for someone else today.
31. Offer your child a choice between two outfits to wear.