

Daily Learning Planner

Ideas families can use to help children
prepare for school

Jackson City School District



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. Go on a walk with your child. Count the birds, dogs or cats you see.
- 2. Have your preschooler decorate a paper plate. Cut holes for your child's eyes and mouth to create a mask.
- 3. Draw faces on your fingers and act out stories with your child.
- 4. Talk about animals your child might see in a zoo. What do they eat? Where do they sleep? Are they dangerous?
- 5. "Catch" your child behaving well.
- 6. Discuss the meaning of *today*, *yesterday* and *tomorrow* with your child.
- 7. Take a tour of your neighborhood together. Point out the landmarks and how they relate to your home's location.
- 8. With your child, estimate how many bowls of cereal you can pour from one box. Keep track until the box is empty.
- 9. Together, look for people who are laughing today.
- 10. Decorate a shoebox to make a treasure chest. Fill it with small treats. Hide it and have a treasure hunt.
- 11. Play a board game as a family this evening.
- 12. Help your child make a get-well card for a friend or relative who is feeling under the weather.
- 13. Go on a triangle hunt together. How many can your child find?
- 14. Give your preschooler a gift certificate good for one special activity with you.
- 15. Cut animal ears out of cardboard. Attach them to a paper strip that fits around your child's head. Have your child pretend to be the animal.
- 16. Take your child to observe a construction site from a safe distance. Talk about what the workers are doing and the machines they use.
- 17. Plan a week of alphabet dinners—serve foods that start with the same letter. Choose a different letter each day.
- 18. Speak in a voice that helps your child listen. Don't speak too fast or too loud.
- 19. Help your child practice buttoning a shirt or zipping a zipper.
- 20. Place a sheet of paper in a box. Have your child dip a marble in paint, drop it in the box and roll it around.
- 21. Cut the shape of a bird out of cardboard. Let your child glue paper feathers on it.
- 22. Take your child to the library. Check out a book about sea life.
- 23. Help your child form numbers out of cold, cooked spaghetti.
- 24. Don't make everything look easy. Show your child that you, too, must stick with challenging tasks and keep trying.
- 25. Cut large letters out of paper. Help your child match them to household items that begin with the sound each letter makes.
- 26. Let your child decorate a paper lunch bag using crayons. Attach a long string to the bottom of the bag to make a kite.
- 27. Go outside with your child and watch as the wind moves through the trees and bushes. What sound does the wind make?
- 28. Give your child an empty plastic bucket and a wooden spoon. Play some music, and have your child to tap the beat on the "drum."
- 29. Go on a grocery store scavenger hunt. Ask your child to find a fruit, something frozen and a very large item.
- 30. Ask your child, "When was a time when you felt lucky?"
- 31. Help your child learn to follow basic safety rules, such as "Stop and listen when your name is called."