

Daily Learning Planner

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

Cornbelt Educational Cooperative



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. Spring is around the corner! Help your child plant a seed in a cup on the windowsill.
- 2. Go to a nearby park or running trail. Everyone run like the March wind!
- 3. Discuss the differences between night and day with your preschooler.
- 4. Have a family reading night. Select a few books and take turns reading aloud.
- 5. Teach your child the Golden Rule: Treat others as you would like to be treated.
- 6. Wash hands with your child before each meal. Talk about the importance of washing your hands to stay healthy.
- 7. Help your child say or do things that make family members and friends feel good about themselves.
- 8. Play a game of Follow the Leader. Take turns *leading* and *following* and talk to your child about what those words mean.
- 9. Bake a cake together. Help your child decorate it.
- 10. Put a handful of change on the table. Can your child identify the coins by name? Talk about the sizes, colors and values.
- 11. Pretend that one of your child's stuffed animals is sad. Ask your preschooler, "What could you do to help it feel better?"
- 12. Notice what your child is interested in and ask an open-ended question about it. "Where do you think that truck might be going?"
- 13. Have your child name an animal that has stripes and one that has spots.
- 14. Help your child think of an imaginary land. Together, name it and make up a story about it.
- 15. Speak in a voice that helps your child listen. Avoid speaking to fast or too loud.
- 16. Play a game of hide and seek with your child.
- 17. Have a *green* day. Wear green, eat green foods, look for green objects.
- 18. Turn your child's plate upside down before putting food on it. Explain the concept of *upside down*.
- 19. Talk with your child about things that interest you and about new things you learn.
- 20. Describe a noise and ask your child to tell you if it's *loud* or *soft*. Examples: thunderstorm (loud), kisses (soft).
- 21. Place a familiar item in a pillowcase. Let your child feel the item through the outside of the pillowcase and guess what it is.
- 22. Talk with your child about things that are associated with spring (flowers, picnics, sunshine).
- 23. Drop a pebble in a glass of water. Have your child describe what happens. Next, drop in a small plastic bottle cap. What is different?
- 24. Put together a jigsaw puzzle with your child.
- 25. Avoid teasing or blaming your child for honest mistakes.
- 26. What is your child's favorite vegetable? Talk about different ways to prepare it. Cook it together.
- 27. When you read books to your child that have more than one picture per page, point to the picture that goes with the text as you read.
- 28. Encourage your child to draw a self-portrait.
- 29. Talk with your child about when to say *excuse me*.
- 30. Turn chores into a game. Assign age-appropriate chores a number and have your child roll a die to see which one to do this week.
- 31. When you give directions, ask your child to repeat what you said.