

# 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. Talk with your child about ways to deal with anger without hurting anyone. Suggest taking three deep breaths to calm down.
- 2. Look at the weather forecast with your child today. Compare where you live to the rest of the country.
- 3. Help your child do more things independently. Instead of turning on the light, offer a safe step stool your preschooler can use.
- 4. It's National Physical Fitness and Sports Month. Enjoy a new physical activity you can do together as a family.
- 5. Practice naming the months of the year with your child.
- 6. Go outside and blow bubbles. See if your child can catch one without breaking it.
- 7. Look for playgrounds where your child can run, jump and climb safely. These are important motor skills.
- 8. Cut out a triangle, a rectangle, a square and a circle from construction paper. Ask your child to arrange them to form a boat.
- 9. Help your child make unusual prints by dipping flowers or other natural objects into paint and then pressing them onto paper.
- 10. Play a board game as a family this evening.
- 11. Fill several bottles with water to different levels. Show your child how to blow across the tops to make different sounds.
- 12. Visit a place together that your child hasn't been before.
- 13. Tape the ends of a long piece of yarn. Cut some drinking straws into several pieces. Have your child string the straw pieces onto the yarn.
- 14. Put up a family message board. Teach your child how to write "Hi!"
- 15. Ask your child to repeat a short sentence. If this is easy, add words.
- 16. Help your child make a collage from odds and ends around the house, such as ribbons, string and buttons.
- 17. Make today *triangle* day. With your child, look for triangles everywhere.
- 18. Decorate a shoebox to make a treasure chest. Fill it with small treats. Hide it and have a treasure hunt. Give your child clues to find the box.
- 19. Sing your child's favorite song together.
- 20. Encourage your child to bounce a large ball outside and try to catch it.
- 21. Restrict digital media use to areas of your home where you can supervise. Don't let your child go off alone with a handheld device.
- 22. Help your child prepare for new situations by discussing them in advance. What behavior will be expected?
- 23. When setting the table, add something that should not be there. Ask your child what doesn't belong.
- 24. A *rebus* is a story that replaces some words with pictures. Make a rebus with your child.
- 25. Make a list of five fun things to do as a family this summer.
- 26. Ask your child to make up a story and tell it to you.
- 27. When you read to your child, point out that you start on the left side of the page and read to the right side, then begin again on the left.
- 28. Model positive habits, like promptness, cooperation and responsibility.
- 29. Label items in your child's room with their names: *bed*, *chair*, etc.
- 30. Think out loud when you make decisions. Discuss the possible consequences of each option.
- 31. With your child, pretend to be flower seeds curled up and waiting for spring. Then, start "growing."