

Daily Learning Planner

Ideas families can use to help children
prepare for school

Cornbelt Educational Cooperative



THE
PARENT
INSTITUTE®

September • October • November 2023

September 2023

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

- 1. Look at a calendar with your child. What month is it? What kinds of things happen in September?
- 2. At the library, have your child pick out a book for you to read aloud.
- 3. Take your child outside for a "listening minute." Close your eyes and take turns naming the sounds you hear.
- 4. Lay out several household objects and ask your child to line them up from *smallest* to *largest*.
- 5. Teach your child about uppercase and lowercase letters. Write a letter both ways on an index card. Repeat for the other letters.
- 6. Ask your child to check the weather and draw a picture of it.
- 7. Help your child practice tying shoelaces in a bow. If your child's shoes don't tie, use yours.
- 8. Fill glasses with different amounts of water. Have your child tap them with a metal spoon and listen to the different tones.
- 9. Make some popcorn with your child. Make popping noises together and jump around like popping kernels.
- 10. Create an indoor obstacle course. Your child could go *around* a chair, *under* a table, or *through* a large box.
- 11. Have your child draw a picture of nighttime and a picture of daytime.
- 12. Remove three items from your purse or pocket. Show them to your preschooler, then put them away. Can your child name them?
- 13. Make plans for a special parent-child day.
- 14. Stretch a rope on the ground. Show your child how to jump over it from side to side.
- 15. Make faces that show different emotions (happy, sad, surprised, etc.). Ask how your child thinks you feel with each face.
- 16. Ask your child *how* and *why* questions. They require reasoning.
- 17. Say a word, such as *cat*. Can your child think of a word that rhymes?
- 18. Fill a jar with small items. Ask your child to guess the number of items. Then count them together.
- 19. Ink your child's fingers on a washable stamp pad and press them on paper. Explain that no two fingerprints are the same.
- 20. Discuss some of the weather changes that take place in the fall. (Daytime is colder and shorter.)
- 21. Have your child name the people in your family. Who is the *oldest*? The *tallest*?
- 22. Have a family movie night. Talk about what was *real* and what was *pretend* in the movie.
- 23. Play hide-and-seek with your child. When you are the one hiding, clap your hands so your child can listen to find you.
- 24. Read three poems with your child today.
- 25. Visit a park or playground together. Encourage your child to interact with the other children there.
- 26. Create "leaf impressions." Have your child place a sheet of paper over some leaves and rub over the paper with crayons.
- 27. Teach your child a new skill, like folding napkins or feeding a pet.
- 28. Plant a fall flower, such as a mum, with your child. Or plant bulbs that will come up in the spring.
- 29. Poke holes in the bottom of a large plastic bottle. When you are outside, fill the bottle with water and let your child sprinkle the grass.
- 30. Collect leaves, bark, and sticks together. Have your child glue them to paper to make a tree.

October 2023

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- 1. Make up a song featuring your child's name.
- 2. Say a word and see if your child can tell you its opposite.
- 3. Tap out a pattern using a pot and a wooden spoon. Then have your child tap out the same pattern.
- 4. Start a family savings jar. Family members can decide on a goal and how each person will contribute.
- 5. As the temperature gets colder, people light more fires. Discuss fire safety with your child.
- 6. Have a word of the day. Challenge family members to use it in a sentence. Make this a daily habit.
- 7. Ask your child to point out items on your list in the grocery store.
- 8. Have a pretend phone call with your preschooler. Talk about what your child did *yesterday* and what would be fun to do *tomorrow*.
- 9. Show your child how to make a simple sandwich.
- 10. Mix different colors of dried beans or cereal pieces. Have your child sort them into piles by color.
- 11. Place different items in a shoebox. Cut a hole in the top. Let your child reach in and guess what the items are by feel.
- 12. Play a game of charades with your child. Use hand gestures and motions to describe your word.
- 13. Draw pictures with your child. Talk about what you are drawing, and ask your preschooler to do the same.
- 14. Check out a library book with pictures of faraway places. Look at it with your child.
- 15. Create an art gallery. Frame and hang your child's artwork. Rotate the work on display frequently.
- 16. Point out the patterns on different fabrics to your child. Recognizing patterns is a necessary skill for math and reading.
- 17. Help your child use strips of construction paper to make a chain.
- 18. Place a flat object, such as a large paper clip, on a piece of paper. Let your child paint over it, then remove the object to see the design.
- 19. Together, see how many letters you can form with your bodies.
- 20. When you serve food, talk about how you divide it. "There are two of us and one apple. We'll cut it into *halves*."
- 21. Ask your child, "What are three things you like about yourself?"
- 22. Involve your child in a job you have been meaning to do, such as organizing toys.
- 23. Get on eye-level when you correct your child. Sit, kneel or crouch.
- 24. Set aside time every day for reading aloud. Sometimes, let your child read to you.
- 25. Cut out pictures from magazines or catalogs. Cut each in half. Have your child match tops to bottoms.
- 26. Have your child follow three-step directions, such as, "Go inside, take off your shoes and put them in the closet."
- 27. Go on a shape hunt together through your home. What things are circles? Rectangles? Squares?
- 28. Visit a pumpkin farm or market to see the pumpkins on display. Talk about different dishes made with pumpkin.
- 29. Have fun with a classic fall activity. Rake leaves and jump into them!
- 30. Show your preschooler how to string a macaroni necklace. Together, count each piece of macaroni as your child strings it.
- 31. Encourage your child to draw a self-portrait.

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November 2023

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

- 1. Talk about families. Tell your child that there are many different kinds of families. Offer some examples.
- 2. Tonight, have a family sing-along. Ask family members to share their favorite songs.
- 3. Label objects around the house, such as *table*, *chair* and *bed*. This will help your child with word recognition.
- 4. Allow a few minutes after the light is off at bedtime for some quiet conversation with your child.
- 5. Float a plastic container in water. How many rubber animals can your child put into the "boat" before it sinks?
- 6. Teach your child a new game today.
- 7. Read a story aloud. Then ask your child to draw a picture of what happened *first* and another picture of what happened *last*.
- 8. Watch or read the weather forecast together today. Show your child the hottest and the coolest locations on a map.
- 9. Put together a jigsaw puzzle with your child.
- 10. Start a made-up story. "A dog walked down the road and he met a" Let your child finish the story.
- 11. Set a timer when it's time to pick up toys and challenge your child to "beat the clock."
- 12. Cover up the illustration on a page of a book. Read the page aloud. Can your child guess what's in the picture?
- 13. Make courtesy a family rule. Set an example by saying *please* and *thank you* to your child.
- 14. Pick a letter, such as *B*, and make its sound. Can your child think of words that start with that sound?
- 15. Choose a number of the day. Look for it everywhere with your child: on buildings, license plates, food packages, etc.
- 16. When selecting books to read aloud, look for books that you will enjoy, too. Your enjoyment will rub off on your child.
- 17. Have your preschooler help you set the table. Ask your child to count and name the items while placing them on the table.
- 18. Trace your child's hand on paper. Brainstorm together about ways to be a helping hand. Write ideas on the drawing.
- 19. Put out paper scraps and a glue stick. Help your child make a collage.
- 20. Cut straws into different lengths. Encourage your child to line them up *shortest to longest*.
- 21. Make a pattern by alternating apple and banana slices. Can your child tell which will come next?
- 22. Ask your child, "What would you do if you were invisible for a day?"
- 23. Make a list of all the things that make your family members thankful.
- 24. Pick a color. Go room by room and each touch one item of that color.
- 25. Ice skate in the kitchen with your child. Wearing socks, pretend you're on the ice. Be careful!
- 26. Ask your child category questions. Examples: What jumps? (*frogs*, *kangaroos*.) What swims? (*Fish*, *people*.)
- 27. Help your child draw letters in shaving cream sprayed in the empty tub.
- 28. Look in a mirror with your child. Ask, "What color are your eyes? Your hair? How many hands do you have?"
- 29. Have a screen-free evening. Tell stories instead.
- 30. Plan a family trip to a nearby museum.

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