

Daily Learning Planner

Ideas families can use to help children
prepare for school

Shelton Youth & Family Services



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. Make a habit of using Sunday nights as a time to talk with your child about the week ahead.
- 2. Have your child draw a picture of a special day you spent together over the summer.
- 3. Act out a familiar story together. Then switch roles.
- 4. Glue a picture on cardboard. Punch holes around the edges of the picture. Have your child thread a shoelace through the holes.
- 5. Talk with your child about shapes when you are on the road. Point out the different shapes of road signs.
- 6. Discuss things people can do with their bodies: walk, eat, wave, smell, throw. For each activity, ask your child, "Which body parts do you use?"
- 7. Together, draw or paint blindfolded. Take turns "directing" each other.
- 8. Look outside with your child at different times today and describe the weather, using words such as *sunny*, *cloudy* or *rainy*.
- 9. Put three spoons on a table. Ask your child to give you "just one." If this is easy for your preschooler, ask for "just two."
- 10. Learn a new word at breakfast. Help your child use it three times during the day.
- 11. Take a "counting walk" together. Pick something to count (cars, doors, cats) and keep track.
- 12. September is Library Card Month. Make sure everyone in your family has a library card.
- 13. Practice hopping, skipping and jumping with your child today.
- 14. Let your child see you reading for pleasure frequently.
- 15. Together, look at photos of your child at different ages. Ask your child, "Can you pick out the picture where you were the youngest?"
- 16. See how many places your child can find the letter A today.
- 17. Cut an apple in half horizontally. What does your child see? (A star.)
- 18. Use cereal pieces to help your child practice following directions: "Take some cereal off this pile and make a *smaller* pile."
- 19. Fill a small jar with dried beans or pebbles. Ask your child to guess the number of items. Count them together.
- 20. Wrap masking tape sticky-side out around your child's fingers. Let your preschooler use the "sticky hand" to pick up small, light objects.
- 21. With your child, pretend you have a magic carpet. Where would you fly to? What would you see?
- 22. Read your child a book in bed this morning.
- 23. Go on a walk with your child today. Collect three different kinds of leaves. Talk about the differences you see between them.
- 24. Talk about *happy* and *sad* feelings. Ask your child, "What things make you feel happy? What makes you feel sad?"
- 25. Teach your child a new song today. Then, have your preschooler teach you one.
- 26. Get out some measuring spoons. Ask your child to line them up from biggest to smallest, then nest them one inside another.
- 27. Blindfold your child. Can your preschooler identify items by touch, such as an apple, a sponge and a block?
- 28. Talk about the difference between pets and other animals. Ask your child if a dog makes a good pet. How about a tiger?
- 29. Teach your child a new self-care skill today, such as putting on shoes.
- 30. Play a game of tic-tac-toe together.