

# Daily Learning Planner

Ideas families can use to help children  
prepare for school

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## September 2021

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

1. Say a word and see if your child can think of others that rhyme with it.
2. Turn your child's plate over when you are about to serve food. Explain the concept of *upside down*, then turn the plate *right side up* and serve.
3. Have your child practice tossing balls into buckets of various sizes. Gradually increase the distances.
4. Write a number and ask your child to mold the shape of the number with clay or play dough.
5. See how many round objects your child can find around your home.
6. Encourage your child to draw a self-portrait.
7. Ask your child's opinion about something. "Where do you think we should put this vase?" If possible, take his advice.
8. Give your child a set of household objects and ask her to line them up from *smallest to largest*.
9. When riding in the car with your child, discuss the shapes and colors of road signs you see.
10. Have your child decorate a construction paper strip to make a bookmark. Cover it with clear contact paper.
11. Check some new books out from the library to read with your child.
12. Make puzzles by gluing catalog or magazine pictures to cardboard. Cut the pictures into four pieces. Have your child fit them together.
13. Go for a "green" walk. Ask your child to point out and describe all the green things he sees.
14. Praise your child for something she did well today. Make your praise as specific as possible, so she'll understand what she did right.
15. Try a "new" food with your child. Guess how it will taste: *Sweet? Sour? Salty?* Compare your answers to the real experience.
16. When your child has a problem, give him two acceptable solutions and let him decide which one to choose.
17. Talk together about things that make each season special.
18. Ask your child *how* and *why* questions to give her experience answering questions that require reasoning.
19. In the morning, help your child choose three of his favorite books. Read all of them together sometime today.
20. Play Now and Later. Say, "Now we'll clean up. Later we'll eat dinner."
21. Look through a newspaper or magazine with your child. Have her find familiar letters and numbers in headlines.
22. Fill glasses with different amounts of water. Have your child tap them gently with a spoon and listen to the different tones.
23. Place items in a shoe box. Cut a hole in the lid. Let your child reach in and guess what he feels.
24. Look at the weather forecast with your child. Compare the weather where you live to the weather in other places in the country.
25. Spend a day focusing on manners. Praise your child when she says *please, thank you* and other polite things.
26. Play a game outdoors with your child today.
27. Show your child photos from his life. See if he can guess when he was youngest.
28. Cut shapes from different colors of paper. Make at least two of each shape. Have your child match them.
29. Have a digital device-free day. Play active games instead.
30. Let your child draw on paper towels with washable markers. Spray the towels with water. Watch the colors blend!

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- 1. Look at a school bus with your child. How is it different from a car?
- 2. Watch a show together. Talk about what was *real* and what was *pretend* in the program.
- 3. Have your child use some blocks and empty boxes to build a city.
- 4. Remind your child of safety rules for car trips, such as wearing a seat belt and keeping arms inside the car.
- 5. Ask your child, "What would you do if you were the parent for a day?"
- 6. Put pebbles or other small items in a jar. Ask your child to guess how many there are. Count them together.
- 7. Ask your child to draw a picture for a loved one.
- 8. With your child, smell different things and describe their scents.
- 9. Help your child rake some leaves onto a sheet. Lift the sheet up quickly and then slowly. Watch the different ways the leaves float.
- 10. "I'd love to!" Use these words when your child asks you to play, read or do a puzzle with her.
- 11. Create a special place in your home to store library books. Refresh your selection often.
- 12. Make a time line of your child's day. Let him illustrate it with drawings or magazine cutouts.
- 13. Talk with your child about happy and sad feelings. What things can cause each kind of feeling?
- 14. Line up chairs like a train. Ask your child to sit *ahead* of them, *behind* them, *beside* them and *on* them.
- 15. Help your child practice tying shoelaces.
- 16. Use three words that are new to your child at the dinner table tonight.
- 17. Read the comics to your child. Preschoolers especially love the ones with sound words like *thunk!*
- 18. Go outside and blow bubbles. See if your child can catch one without breaking it.
- 19. At snack time, have your child alternate celery and carrot sticks to make a pattern.
- 20. Make sure your child knows her street address. Go outside and look at the house or building number together.
- 21. Set out different sized pots and their lids. Ask your child to put the lids on the matching pots.
- 22. Stand facing your child. Have him pretend to be a mirror and imitate all your movements. Then trade places.
- 23. Pick a color. As a family, wear, eat and look for items of that color today.
- 24. Read three poems with your child today.
- 25. Help your child practice following directions. Say, for example, "Take some socks off this laundry pile and make a smaller pile."
- 26. Create a book about your child. Help her make handprints and footprints on paper with paint.
- 27. Ask your child to close his eyes and describe the sounds he hears.
- 28. Show your child a picture of a rainbow. Can she name the colors?
- 29. Have a counting day. Count stairs as you climb them, cars as they pass, stars as you spot them.
- 30. Practice making opposite statements. You say, "The chair is *inside*." Your child says, "The chair is *outside*."
- 31. Record your child talking about an important event in his life.

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# November 2021

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

- 1. Keep track of the moon's phases for a month. Your child can draw the moon's shape on the calendar each night.
- 2. Teach your child about uppercase and lowercase letters. Demonstrate how each letter can be written in different ways.
- 3. Look outside together at least three times and describe the weather with words such as *sunny*, *cloudy* or *rainy*.
- 4. Help your child make a collage from odds and ends around the house, such as ribbons, string, buttons, etc.
- 5. Work on balance today. Have your child walk backward, then stand on one foot, and then walk in a straight line.
- 6. Have a TV- and video-free evening. Listen to music together instead.
- 7. Help your child act out a scene from a story that is familiar to her.
- 8. Cover an item, such as a leaf, with paper. Have your child rub the top of the paper with a crayon to make an art rubbing.
- 9. Invent a new drink with your child. Mix two kinds of juice, for example. Write down your recipe.
- 10. Strengthen eye-hand coordination by helping your child pour water or uncooked rice from one container into another.
- 11. Imitate an animal and ask your child to guess what you are.
- 12. Remove three items from your purse or pocket. Show them to your child. Put them away. Can he recall what they were?
- 13. Tell your child a story about when you were little.
- 14. Discuss things you are thankful for. Say that your child is at the top of your list.
- 15. Spend a half hour reading together today. Let your child pick the books you will read.
- 16. Talk about the difference between pets and wild animals. Ask your child if a dog makes a good pet. How about a tiger?
- 17. Make a "can-do" list of your child's accomplishments. Post the list.
- 18. Stretch a rope on the ground. Show your child how to jump over it from side to side.
- 19. At dinner, have each family member give every other person at the table a compliment.
- 20. Exercise with your child today. Try touching your toes, doing sit-ups, running in place or stretching your arms and legs.
- 21. Look for pictures that show people's expressions. Ask your child how each person feels.
- 22. Discuss the meaning of the words *today*, *yesterday* and *tomorrow* with your child.
- 23. Look around for different textures. Can your child find something hard? Soft? Bumpy?
- 24. Cut out pairs of pictures (two dogs, two houses, etc.). Paste on index cards. Place face down. Let your child flip cards and match the pairs.
- 25. Ask your child what she is thankful for today.
- 26. Sing a song with your child and clap along to the rhythm.
- 27. Make your own wrapping paper. Get a roll of white freezer paper and let your child decorate it.
- 28. Have your child rub two stones together for two minutes. Can he feel the heat generated? This is caused by friction.
- 29. Teach "concept" words, such as *warm*, *cold*, *under* and *over*.
- 30. Tell your child a story. Ask her to listen for one word, like *dog*. Tell her to clap each time she hears you say the word.

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