

# Daily Learning Planner

Ideas families can use to help children  
prepare for school

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## September 2024

## 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.

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- 1. Help your child prepare a healthy snack. Mix small finger foods like whole grain cereal, popped popcorn and raisins.
- 2. Hide a small toy in a shoebox and tape the lid on. Ask your child to shake the box and try to guess what's inside as you give clues.
- 3. Measure your child's height. Keep a record, then measure again in December and see how much your preschooler grew.
- 4. Have a reading dinner. Read a family favorite aloud.
- 5. Watch an educational TV show with your child. Talk about a value or help your child practice a skill from the show.
- 6. Together, collect small items from nature, such as leaves and twigs. Brush glue on paper and have your child use the items to make a picture.
- 7. Have a backward day. Walk backward. Eat breakfast food for dinner.
- 8. Praise your child for doing something well today. Be specific, so your child understands what actions to repeat next time.
- 9. Help your child learn a tongue twister, like "Peter Piper picked a peck of pickled peppers."
- 10. Play What am I? with your child. Say, "I am big and tall. I have a long neck and I live in Africa. What am I?"
- 11. As you do your daily tasks, explain to your child what you are doing.
- 12. Help your child mix 1 cup cornstarch and 1/2 cup water in a bowl. Squish it and it becomes solid. Let it sit and it turns back into a liquid.
- 13. Have your child practice naming the days of the week.
- 14. Foster independence. Make rules about when and how your child can do things independently, such as get a snack or a drink of water.
- 15. Teach your child to follow three-step directions: "Please go inside, take off your shoes and put them in the closet."
- 16. Set out different sizes of pots, along with their lids. Ask your child to match each pot with the correct lid.
- 17. Read a story aloud. Stop before it ends. Ask how your child thinks it will turn out.
- 18. Go outside with your child for a "listening minute." Close your eyes and take turns naming the sounds you hear.
- 19. Saving money in a "penny pot" teaches your child that pennies count. When the pot is full, spend the money on something fun.
- 20. Play musical chairs as a family. It encourages listening and thinking.
- 21. Read a book about bats (the kind that fly) with your child.
- 22. Write a letter of the alphabet. Think of things that begin with that letter and have your child draw some of them.
- 23. Plant some fall bulbs together. Watch them bloom next spring.
- 24. Look in the mirror with your child. Ask, "What color are your eyes? Your hair? How many hands do you have?"
- 25. Declare a red day. With your child, point out the color red all day.
- 26. Have a movie night. Talk about what is real and what is pretend in the movie.
- 27. Make up a story or song with your child's name in it.
- 28. As you do errands, help your child talk with people about their jobs.
- 29. Ask your child to pretend to be a character from a book. Try to figure out who your preschooler is pretending to be.
- 30. Tell a story. Ask your child to listen for one word, like *dog*, and clap each time you say the word.
- 31. Help your child draw a picture of a pumpkin.

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# November 2024

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- 1. Teach your child appropriate ways to deal with anger. It's OK to say "I'm angry" or "I feel upset when you do that," but it's never OK to hit.
- 2. Share something of yours with your child today. It's the best way to teach children to share with others!
- 3. Talk about *more*, *less* and *equal* with your child. Ask, "Do you have more socks or more shirts?"
- 4. Ask your child, "Have you ever had a dream that scared you? What was it about?"
- 5. Practice rhyming. Ask your child to think of a word with the same ending sound as *pie* (sky) or *fan* (man).
- 6. Does your child need some new books? Try hosting a neighborhood book swap.
- 7. Give your child a file folder to save special cards and photos. This encourages caring for important things.
- 8. Talk about where animals live. Which animals would your child expect to see in the ocean? How about in the park?
- 9. Help your child round up some friends and play a game outside.
- 10. At dinner, ask family members to share something they have learned.
- 11. Bat a balloon with your child and see how long you can keep it aloft.
- 12. Help your child make a bookmark. Decorate construction paper. Cover it with clear tape.
- 13. Whenever possible, say "I'd love to" when your child asks you to play.
- 14. Encourage your child to try two motor tasks at the same time—for example, clapping hands while walking.
- 15. This is the middle of the month. Talk with your child about what *middle* means.
- 16. Dim the lights and move the beam of a flashlight across the floor. Ask your child to jump or step on the beam.
- 17. Cuddle up with your child and read a story.
- 18. Tap out a simple rhythm with household instruments, such as spoons. See if your child can copy it.
- 19. Help your child make a texture painting by sprinkling glitter, oatmeal or sand on wet finger paint.
- 20. Play I Spy. Say "I spy something orange." Let your child guess what it is. Then it's your preschooler's turn to spy something.
- 21. Say a word. Can your child tell you its opposite?
- 22. Put a leafy stalk of celery into colored water. Tell your child to watch the color rise into the stalk over the next week.
- 23. Explain what a hero is. Tell your child who some of your heroes are and why.
- 24. Visit a bakery with your child. Share a treat and think of words to describe it, such as *delectable*.
- 25. Glue pictures to sheets of paper. Cut each sheet in half horizontally and mix up the halves. Can your child match a top to each bottom?
- 26. Start a made-up story. "A cat ran out of the house and went to the ... ." Let your child finish the story.
- 27. Talk about birthdays. Review your child's birth date. Also teach your preschooler the birth dates of family members and close friends.
- 28. Ask family members to talk about things they are thankful for.
- 29. Teach your child some baby animal names: *calf*, *foal*, *cube*, *kid*.
- 30. Visit a local museum or historic site with your child today.

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