

Daily Learning Planner

Ideas parents can use to help children
prepare for school

This Newsletter is Being Provided by
Education Service Center Region 15



THE
PARENT
INSTITUTE®

March • April • May 2021

March 2021

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

- 1. Ask your child what might happen if your house could talk.
- 2. Have an orange day. Color a picture orange. Find foods to eat that are orange. Look for the color orange all day.
- 3. Take an empty egg carton when you go for a walk with your child. Help your child collect treasures along the way and place them in the carton.
- 4. Challenge your child to make shapes or letters with her body. Can she spell her name?
- 5. Spread jelly or honey on a piece of bread. Help your child stick on alphabet cereal pieces to spell things on his sandwich.
- 6. Plan a Device Free Day. Read or play games instead. Serve a healthful snack if you choose.
- 7. Help your child plant grass seeds in a cup. Place the cup where it will get sun. Water it daily. Check to see how fast the grass grows.
- 8. Have dinner by flashlight.
- 9. Make a piece of art that stands. Have your child draw a picture on paper. Roll the paper into a cylinder and tape the ends.
- 10. Give your child four measuring spoons. Ask her to line them up from *biggest* to *smallest*. Nest them one inside another.
- 11. Have fun walking sideways together today.
- 12. Have your child practice counting to five. If this is easy, have him count to 10 or 20.
- 13. Cut half of a photo out of a magazine. Paste it onto paper. Have your child make a drawing to complete the picture.
- 14. Put together a kitchen band. How many kitchen objects can your child use to make music?
- 15. Ask your child to make up a story and tell it to you.
- 16. A healthy breakfast helps kids learn. Start your child's day with a nutritious meal.
- 17. Tell your child about using *inside* and *outside* voices.
- 18. Talk with your child about something she has done well today.
- 19. List four adjectives, such as *soft*, *small*, *heavy* and *round*. Can your child find items that match these descriptions?
- 20. Make your child laugh! Tell a joke, read a funny story or poem, sing a silly song or draw a cartoon.
- 21. Help your child set a weekly goal. Write it down. Challenge everyone in the family to do this, too.
- 22. Give your child a rag and let him help you dust.
- 23. Together, search for things outdoors that are blue.
- 24. Start a made-up story. "A man went down the road and he met a" Let your child finish the story.
- 25. Place a bucket on a towel on the floor. Add water, boats, plastic fish, measuring cups, etc. Let your child play while you supervise.
- 26. Do body arithmetic. Help your child figure out how much her fingers, knees, toes and nose add up to.
- 27. Help your child learn something new about a person he admires.
- 28. Create an art gallery. Make paper frames for your child's artwork. Rotate the work on display frequently.
- 29. Make a bird feeder with your child by rolling a pinecone in shortening and birdseed. Hang it from a tree.
- 30. Talk about things you are thankful for. List your child first!
- 31. Draw a hopscotch pattern on the sidewalk with chalk. Show your child how to hop through the pattern.

April 2021

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

- 1. Cut the shape of a bird out of paper. Let your child decorate it.
- 2. Send your child something through the mail. She will be thrilled.
- 3. Let your child draw blindfolded. Be sure to supervise!
- 4. Write a number and have your child mold the shape of the number with clay or play dough.
- 5. Plan a week of alphabet dinners—serve foods that start with the same letter. Choose a different letter each day.
- 6. Tell your child something you love about him. Ask him to name his favorite thing about you.
- 7. Have your child practice buttoning a shirt or zipping a zipper.
- 8. Encourage your child to try two motor tasks at the same time—for example, waving hands while jumping.
- 9. Read a book to your child before each meal and before bed.
- 10. Have a spring clean-up day. Choose a room and have your child help you clean it.
- 11. When your child has a problem, give her two possible solutions and let her decide which one to choose.
- 12. Help your child make a telescope out of paper towel tubes taped together. What does he notice when looking through it?
- 13. Explain the concepts of *today*, *tomorrow* and *yesterday*.
- 14. Help your child think of an imaginary land. Together, name it and make up a story about it.
- 15. Ask questions about familiar places. Where do we buy food? Where do we get medicine?
- 16. Talk about the differences between *night* and *day*. Have your child draw a night picture and a day picture.
- 17. Say a word, such as “ball.” See if your child can name another word that begins with the same sound.
- 18. Talk with your child about things that are associated with spring, such as flowers, picnics and sunshine.
- 19. Take a trip to a nearby construction site. Stay at a safe distance. Plan to visit later and monitor the progress.
- 20. Play the I Spy game. Say “I spy something green.” Let your child guess what it is. Then it’s your child’s turn to spy something.
- 21. Instead of talking, try singing sentences back and forth with your child.
- 22. With your child, learn to say *hello* in two other languages.
- 23. Blow up a balloon and see how long you and your child can keep it in the air. This teaches eye-hand coordination.
- 24. Use sidewalk chalk to draw pictures, letters and numbers outside with your child on a warm day.
- 25. Ask your child to find squares today.
- 26. Make a special effort to reinforce manners today. Remind your child to say *please* and *thank you*.
- 27. Talk to your child about being safe around strangers.
- 28. Put pillows on the floor and get cozy and read together.
- 29. Use cardboard toilet paper tubes and a rubber ball to bowl with your child in a hallway.
- 30. After a bath, let your child make wet footprints on colored construction paper. What do they look like?

Copyright © 2021 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by *Parents make the difference!*® and *Helping Children Learn*® newsletters • 1-800-756-5525

May 2021

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

- 1. Draw a stick-figure person. Leave off a body part. Can your child identify what’s missing?
- 2. Decorate a shoebox to make a treasure chest. Fill it with small treats. Hide it and have a treasure hunt.
- 3. Write down your child’s questions when you don’t know the answers. Save them to look up later.
- 4. Have a pretend phone call with your child. Talk about what she did *earlier* and what she wants to do *later*.
- 5. Talk about the importance of hygiene. Show your child the proper way to wash his hands and brush his teeth.
- 6. Tell your child she learns when she tries new things. Today, try a new food or take a new route home.
- 7. Draw faces on your child’s and your fingers and have a puppet show.
- 8. Listen to a new kind of music with your child. Discuss how it makes you feel.
- 9. Cover one of your child’s drawings with clear contact paper. He can use it as a place mat.
- 10. Practice naming the days of the week with your child.
- 11. Create shapes on the floor with masking tape. Ask your child to hop to the circle, crawl to the square, etc.
- 12. Put as many shoes as you can find into a pile. Mix them up. Encourage your child to sort them into pairs.
- 13. “Catch” your child behaving well.
- 14. Line up chairs like a train. Ask your child to crawl *under* them, *around* them and *on* them.
- 15. Encourage your child to act out a story today.
- 16. Make a paper crown and let your child play “Ruler” for a day. What rules would she set?
- 17. Think of special ways to send the message, “I love you” to your child.
- 18. Tap out a very simple rhythm with household instruments, such as spoons. See if your child can copy it.
- 19. Take a tour of your neighborhood with your child.
- 20. As you read a story, say, “This is the beginning.” “This is the middle.” And, “This is the end.”
- 21. Have your child practice throwing beanbags into a bucket.
- 22. Let your child see you keep your temper when you are upset. Instead of yelling, calmly talk about how you feel.
- 23. Divide a paper into squares. Write a number in each square. Have your child put that many objects onto each square.
- 24. Play a game of hide and seek with your child.
- 25. Ask your child to tell you a funny story.
- 26. Have a Pattern Day. Ask your child to find patterns around him, such as a striped shirt or a flowered sheet.
- 27. Plan an evening walk in a safe place. Look for the moon and the stars.
- 28. Have your child draw a picture. Ask her to make up a story about it and tell it to somebody.
- 29. Teach your child to say, “I’m glad to meet you” when introduced to a new person.
- 30. Help your child do something nice for someone else today.
- 31. Give your child some cold cooked spaghetti. Help him use it to form letters and numbers.

Copyright © 2021 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by *Parents make the difference!*® and *Helping Children Learn*® newsletters • 1-800-756-5525