

Daily Learning Planner

Ideas families can use to help children
prepare for school

Arvin Union School District



THE
PARENT
INSTITUTE®

December • January • February 2021-2022

December 2021

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

- 1. Spray shaving cream in the tub. Let your child use a finger to draw shapes in the shaving cream.
- 2. Help your child think of words that describe *winter*.
- 3. Hide a toy in a box. Have your child shake it and guess what's inside.
- 4. Glue a photo of your child onto a piece of paper. Have him decorate around it with drawings to make a gift for someone.
- 5. Cut string into three pieces of different lengths. Can your child arrange them from *shortest* to *longest*?
- 6. Give your child a large piece of white paper. Ask her to draw or paint seasonal decorations.
- 7. Offer to serve your child's favorite dessert, as long as he helps make it.
- 8. Give your child three pictures that show different stages of an event. Ask, "Which came *first*, *next*, *last*?"
- 9. Practice sharing with your child.
- 10. Describe a noise and ask your child to tell you if it's *loud* or *soft*.
- 11. See how long your child can stand on one foot. How about with her eyes closed?
- 12. Help your child clean out his closet. Donate toys and clothes in good condition to other families or a charity.
- 13. Teach your child what to do in case of a fire.
- 14. Assign your child a special job. It's never too early to learn responsibility!
- 15. When the weather is wet or frigid, encourage indoor exercise.
- 16. Does your child know her birth date? If not, teach her. Tell her the birth dates of close friends and family members.
- 17. Name as many types of lights as you and your child can think of (flashlights, lamps, candles, holiday lights, headlights).
- 18. If your family will be taking a long car trip, pack a bag full of snacks, books and games to keep your child entertained.
- 19. Share 15 minutes of your favorite music with your child. Then listen to 15 minutes of songs he loves.
- 20. Blow bubbles together in freezing weather. How does the cold affect them? Look for ice forming on bubbles.
- 21. Have your child save pennies in a jar. When the jar is full, exchange the pennies for dollars and let her buy something.
- 22. Many people celebrate holidays in December. What holidays can your child name? Talk about why they are special.
- 23. Say a word. Can your child name one that begins with the same sound?
- 24. Ask your child to tell you the three best things about himself.
- 25. Take a walk with your child. Look for things you only see in December, such as holiday decorations and lights.
- 26. Pour salt on a plate. Let your child write letters in it with her fingers.
- 27. Decorate bagels for a snack. Use cream cheese and chopped vegetables.
- 28. Discuss feelings. Can your child make a happy face? What might he say if he were sad?
- 29. Pretend you have a magic carpet. Ask your child where she would go.
- 30. Talk with your child about the best things you both can remember from the past year.
- 31. Help your child make a noisemaker. Put uncooked rice in an aluminum pie pan and staple another pie pan on top.

January 2022

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

- 1. Have your child silently act out something he wants to tell you, instead of using words.
- 2. Talk about your child's favorite winter activity; then make plans to do it together.
- 3. Challenge your child to make shapes or letters with her body. Can she spell her name?
- 4. Play a rhyming game. Ask your child to give you words that rhyme with words you say.
- 5. Give your child some extra bath time. Supervise while he plays in the water with plastic pitchers, cups and spoons.
- 6. Look through a calendar together and point out special days, such as family birthdays.
- 7. Design a family flag. Draw a flag shape, then you and your child can add pictures that show what makes your family special.
- 8. Ask your child to draw a picture of herself today. Was she feeling happy, sad, confused or angry?
- 9. Have an indoor picnic. Spread a blanket on the floor and play music. Let your child help choose the menu.
- 10. Model a healthy habit for your child and invite him to join you.
- 11. Ask your child to help you plan an outdoor activity. What clothes would be appropriate for the weather?
- 12. Use a hanger to make a letter mobile. Write new letters on paper as your child learns them. Hang them on string from the hanger.
- 13. Think of special ways to send your child the message: *I love you*.
- 14. Have your child practice counting to five. If this is easy, have her try counting to 10 or 20.

- 15. Pretend to be snowflakes. Practice "floating" down.
- 16. Pick up some new books from the library for every member of the family.
- 17. Talk about your neighborhood. Can your child name familiar sights? (*park, big tree, store, etc.*)
- 18. Start a made-up story. "A dog went down the road and met a ____." Let your child finish the story.
- 19. Help your child decorate a greeting card for a relative.
- 20. Look in the mirror with your child. Ask questions such as "What color are your eyes? How many hands do you have?"
- 21. Have your child string large beads or O-shaped cereal pieces onto yarn.
- 22. Help your child set a goal and make a plan to achieve it.
- 23. Make up a song featuring your child's name.
- 24. Make your child's favorite sandwich into a puzzle. Have him put the pieces together before eating it.
- 25. Trace your child's shoe on plain paper. Let her use crayons to turn it into a funny picture.
- 26. Make your child laugh! Tell a joke, read a funny story or poem, sing a silly song or draw a cartoon.
- 27. Practice walking sideways with your child.
- 28. Have your child try a new self-care skill today, such as tying shoes.
- 29. Tonight, talk about things that made you and your child happy today.
- 30. Place various objects on a tray. Have your child look at them, then close his eyes and name as many as he can remember.
- 31. Make plans for a special parent-child day.

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

February 2022

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

- 1. Have a family reading party. Each person picks a book to look at. Afterward, have a snack and talk about what you read.
- 2. Walk with your child in different ways—slowly, quickly, lightly, heavily, on tiptoes—to different kinds of music.
- 3. Discuss ways to keep your family fit. Ask your child to name three active things she likes to do.
- 4. It's International Friendship Month. Talk to your child about the qualities that make a great friend.
- 5. Think of animals with your child and divide them into categories. Birds and bees fly; whales and fish swim.
- 6. Have your child draw or paint a picture of the place where you live.
- 7. Discuss the meaning of *the past*. Looking at baby pictures will help your child understand this concept.
- 8. Visit the post office and help your child mail valentines today.
- 9. Record an interview with your child about his interests.
- 10. Let your child help set the table for dinner. Practice counting out forks, spoons and napkins together.
- 11. Read a story to your child. In the middle, ask her to pretend she wrote it. How would she end it?
- 12. Allow a few minutes after the light is off at bedtime for quiet conversation with your child.
- 13. After your child goes to bed, leave a valentine where he'll see it first thing tomorrow morning.
- 14. Exchange compliments with your child.

- 15. Let your child try to fit a key into a lock. What things need a key?
- 16. Ask your child to tell you about the nicest thing a friend has ever done for her.
- 17. Cut part of a photo out of a magazine or catalog. Paste it onto paper, then ask your child to complete the picture.
- 18. Dim the lights and move the beam of a flashlight across the floor. Ask your child to jump or step on the beam.
- 19. Line the inside of a box with paper. Let your child dip marbles into washable paint and roll them around the box.
- 20. Make a paper crown and let your child play Ruler for the Day.
- 21. Make your child the main character in a story. Have him retell it to you.
- 22. Have your child draw a picture for the author of a book. Send it to the author in care of the book's publisher.
- 23. Find a way for your child to help you with a task you need to do around your home.
- 24. Think of some *What if* questions to ask your child: What if we walked on our hands? What if animals could talk?
- 25. Make an indoor obstacle course. Ask your child to go *over, under* and *through* things.
- 26. Play a game of hide and seek with your child.
- 27. Make "paints" by mixing 2 tablespoons of milk with two drops of food coloring in small bowls. Let your child paint on a piece of bread.
- 28. Encourage your child to try two motor tasks at the same time—for example, clapping hands while walking.

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