

Daily Learning Planner

*Ideas parents can use to help children
prepare for school*

Santa Rosa District Schools
ESE/Student Services



THE
PARENT
INSTITUTE®

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

- ☐ 1. Talk with your child about ways to deal with anger without hurting anyone. Suggest taking three deep breaths to calm down.
- ☐ 2. Discuss ways that different farm animals help us. For example: Cows give us milk; sheep give us wool.
- ☐ 3. Let your child do more things for herself. Instead of turning on the light for her, give her a safe step stool she can use.
- ☐ 4. Ask your child to pretend to be a flower seed curled up and waiting for spring. Have him start “growing.”
- ☐ 5. Use plastic cups and water to demonstrate *more* and *less* when your child is in the bathtub.
- ☐ 6. Practice naming the months of the year with your child.
- ☐ 7. Take your child to a playground where she can run, jump and climb safely. These are important motor skills.
- ☐ 8. Watch an educational show with your child. Afterward, talk about what was *real* and what was *pretend*.
- ☐ 9. Give your child some ingredients, such as vegetables, fruit, bread and cheese. Help him make lunch for the two of you.
- ☐ 10. Go outside and blow bubbles. Challenge your child to catch one without breaking it.
- ☐ 11. Fill several bottles with water to different levels. Show your child how to blow into the tops to make different sounds.
- ☐ 12. Today, ask your child to notice patterns, such as stripes on a shirt.
- ☐ 13. Tape the ends of a piece of yarn. Cut some drinking straws into several pieces. Have your child string straw pieces on the yarn.
- ☐ 14. Talk with your child about the meanings of *today*, *yesterday* and *tomorrow*.
- ☐ 15. Ask your child to repeat a short sentence. If this is easy, add words.
- ☐ 16. Play peek-a-boo by hiding behind a book. Afterward, read the book.
- ☐ 17. Make today *triangle* day. With your child, look for triangles everywhere.
- ☐ 18. Help your child make unusual prints by dipping flowers or other objects into paint and then pressing them onto paper.
- ☐ 19. Ask your child number questions. What number comes before six?
- ☐ 20. Look outside at twilight. See if your child can spot an early firefly.
- ☐ 21. Discuss things in the sky. How many can your child name?
- ☐ 22. Make a list of five fun things to do as a family this summer.
- ☐ 23. When setting the table, add something that should not be there. Ask your child what doesn't belong.
- ☐ 24. Have a picnic today, either inside or outside.
- ☐ 25. Have your child try to draw or paint a picture with the hand she doesn't normally use. Was it difficult? Why?
- ☐ 26. Make sure your child understands the rules about crossing the street: Never go alone, hold hands, etc.
- ☐ 27. Make up funny rhymes with your child today. “Oh my, I like pie!”
- ☐ 28. On a sunny day, trace your shadows on the sidewalk with chalk.
- ☐ 29. Label items in your child's room with their names: bed, chair, etc.
- ☐ 30. Encourage your child to bounce a large ball outside and try to catch it.
- ☐ 31. Sing your child's favorite song together.

Helping Children Learn
Tips Families Can Use to Help Children Do Better in School

EARLY CHILDHOOD