

Daily Learning Planner

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

Early Intervention Program
Intermediate Unit 1



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. Write down a number. Let your child use clay to mold the number.
- 2. Exercise with your child. Try toe-touching, sit-ups and stretching.
- 3. Ask your child what he is thankful for today.
- 4. Make a paper bag puppet with your child by drawing a face on the bottom flap of a small paper bag.
- 5. Fill glasses with different levels of water and tap lightly on them with a spoon. Notice the different sounds they make.
- 6. Have your child draw or scribble to music.
- 7. Tell your child to think of something that sounds like *pie* (*sky*) or that sounds like *fan* (*man*).
- 8. Make a meal of shapes. Banana slices are circles, a sandwich cut diagonally makes triangles. Name the shapes with your child.
- 9. Invent a new drink with your child. Mix two kinds of juice, for example. Write down your recipe.
- 10. Help your child act out a scene from a story that is familiar to her.
- 11. Keep track of the moon's phases for a month. Your child can draw its shape on the calendar each night.
- 12. Make a "can-do" list of your child's accomplishments. For example, "George can: run, count to 10, zip his coat." Post the list.
- 13. Tell your child a story about when you were little.
- 14. Play with blocks together. Encourage your child to see how high a tower she can build.
- 15. Make your own wrapping paper. Get white freezer paper and let your child decorate it.
- 16. Mix up all the shoes in your closet. Challenge your child to match them back up into pairs.
- 17. Dramatize a favorite nursery rhyme. Pretend to be Humpty Dumpty.
- 18. Read a fairy tale together. Ask your child questions about the story.
- 19. At dinner, have each person give another a compliment.
- 20. Allow your child to use an adult tool (with your supervision). A flashlight is great for beginners.
- 21. Look for pictures that show people's expressions. Ask your child how each person feels.
- 22. Build a fort together! Use a large appliance box, a table draped with blankets or a small tent.
- 23. Look around for different textures. Can your child find something hard? Soft? Bumpy?
- 24. Play "animal charades." Imitate an animal and ask your child to guess what you are.
- 25. Look outside at least three times and describe the weather with words such as *sunny*, *cloudy* or *rainy*.
- 26. Fill a plastic jug with beans to make a maraca.
- 27. Cover an item, such as a leaf, with paper. Rub the top of the paper with a crayon to make an art rubbing.
- 28. Tell your child a "real-life" story tonight. Preschoolers love to hear about things they did as babies.
- 29. Teach "concept" words, such as *warm*, *cold*, *under* and *over*.
- 30. Have your child roll and bend things.



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

EARLY CHILDHOOD