Daily Learning Planner

Ideas parents can use to help children prepare for school

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

1. With your child, draw pictures of fun things to do when it’s raining. Save them to remind you on a rainy day!
2. What is your child’s favorite vegetable? Talk about different ways to prepare it. Cook it together.
3. When your child is angry, teach her to express her feelings with words. “I’m angry because you took my toy!”
4. Enjoy some outdoor physical activity as a family today.
5. Place several chairs in a line. Ask your child to pretend it is a train. Where will it take you?
6. Show your child how each letter can be written in uppercase and lowercase form.
7. Cut different shapes of different sizes out of construction paper. Have your child arrange them to make pictures.
8. Help your child think of an imaginary land. Together, name it and make up a story about it.
9. Talk about things that require keys, such as doors, cars and some boxes. Let your child try to fit a key into a lock.
10. Encourage your child to bounce a ball and try to catch it.
11. Before bed tonight, look at the moon and stars together.
12. Let your child make unusual prints by dipping flowers into paint and then pressing them onto paper.
13. Have your child help you organize a closet.
14. Fill a dishpan with water. Collect an assortment of objects, and let your child test to see which will float and which will sink.
15. Hold up a piece of colored construction paper. Ask your child to find a crayon that is the same color.
16. Teach your child a favorite song from when you were his age.
17. Talk about the parts of a plant. Point out leaves, stems and roots.
18. Take your child to the library. Check out a book about the ocean.
19. Blow bubbles with your child. Can she catch one without breaking it?
20. Talk with your child about families. Who is in your family? What do families do?
21. Encourage your child to act out cooking dinner. What will he serve?
22. Make a book about your child. Put a photo of her on the cover and include examples of her accomplishments and things she’s learned.
23. At the grocery store, let your child choose a new fruit to try.
24. Say “I’d love to!” when your child asks you to play, read or do a puzzle with him.
25. Use masking tape to create shapes on the floor. Ask your child to hop to the circle, crawl to the square, etc.
26. Have a picnic today, either inside or outside.
27. Talk about gratitude. Ask your child what she is thankful for today.
28. Write a letter together to a loved one. Have your child draw pictures.
29. Play musical chairs with the entire family.
30. Ask your child: “What if trees grew upside down?”
31. Let your child string large beads on a piece of yarn.

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