

Daily Learning Planner

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

Cotulla Independent School District



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. Ask your child, "What would you do if you were the parent for a day?"
- ☐ 2. Watch an educational show or video with your child. Afterward, talk about what is *real* and what is *pretend*.
- ☐ 3. Help your child turn an old sock into a hand puppet.
- ☐ 4. Talk with your child about animals he might see in a zoo. What do they eat? Where do they sleep? Are they dangerous?
- ☐ 5. List four adjectives, such as *soft*, *small*, *heavy* and *round*. Can your child find items that match these descriptions?
- ☐ 6. Discuss the meaning of *today*, *yesterday* and *tomorrow* with your child.
- ☐ 7. Read to your child from a book of poems for children. Check out titles by Shel Silverstein and Jeff Foxworthy.
- ☐ 8. With your child, estimate how many bowls of cereal you can pour from one box. Then keep track until the box is empty.
- ☐ 9. Have an A-1 day! With your child, look for the letter A and the number 1 everywhere you go.
- ☐ 10. Decorate a shoebox to make a treasure chest. Fill it with small treats. Hide the box and send your child on a treasure hunt.
- ☐ 11. Make "art in the round." Have your child draw a picture on paper. Roll it into a cylinder with the image facing out and tape the ends.
- ☐ 12. Young children thrive on routines. Make sure your child has a familiar, soothing bedtime routine.
- ☐ 13. Spend some time playing on the floor with your child.
- ☐ 14. Help your child make a get-well card for a friend or relative who is feeling under the weather.
- ☐ 15. Give your child a gift certificate good for one special activity with you.
- ☐ 16. Trace your child's hand on paper. Ask your child to think of ways to be a helping hand. Write her ideas on the drawing.
- ☐ 17. Read a story and ask your child to illustrate it.
- ☐ 18. Help your child learn to identify coins (under your supervision).
- ☐ 19. Draw a map of your neighborhood. Let your child color it.
- ☐ 20. Let your child try to write letters with fun materials, like cooked spaghetti or glitter glue.
- ☐ 21. Gather a variety of your child's toys. Ask him to sort them by size.
- ☐ 22. Play a board game as a family this evening.
- ☐ 23. Teach your child a nursery rhyme.
- ☐ 24. Sing your child's favorite song together.
- ☐ 25. Let your child pick a color. Together, hunt for it throughout the house.
- ☐ 26. Have your child close her eyes. Jingle your keys, or make another familiar sound. Ask her to guess what you are doing.
- ☐ 27. Help your child use his body to form letters.
- ☐ 28. Give your child an empty plastic bucket and a wooden spoon. Let her tap on her "drum" along with the beat of music that's playing.
- ☐ 29. Talk about opposites: *light* and *dark*, *over* and *under*.
- ☐ 30. Encourage your child to draw a self-portrait.
- ☐ 31. Measure and weigh your child today. Teach him about inches and pounds.

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

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