

# Daily Learning Planner

Ideas parents can use to help children  
prepare for school.

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THE  
**PARENT**  
INSTITUTE®

## July 2017

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

- 1. Visit a greenhouse or nursery. Help your child pick out a favorite plant and learn more about how it grows.
- 2. Go outside with your child. Dip your feet in some water and make footprints on the sidewalk. How long do the footprints take to dry?
- 3. Let your child touch different fabrics, such as velvet, terry cloth, burlap and corduroy. Ask her to describe how they feel.
- 4. Today is Independence Day in the United States. See how many red, white and blue things your child can find.
- 5. Ask your child, "What if animals could talk?"
- 6. Help your child make a scrapbook. Staple pieces of construction paper together. Let him glue on ticket stubs, photos and other mementos.
- 7. Experiment with shadows. How should your child stand in relation to the sun in order to see her shadow?
- 8. Watch an educational TV show with your child. Then discuss a value, or practice a new skill you learned from the show.
- 9. Look for the number 9 with your child everywhere you go today.
- 10. Let your child observe an animal. What does it eat? Where does it sleep?
- 11. Read a book about families with your child. Talk about your own family.
- 12. Play an age-appropriate board game with your child. Explain and follow the rules.
- 13. Let your child see you reading.
- 14. Teach your child to care for others. If a friend falls down, encourage your child to say, "Are you OK? Can I help you?"
- 15. Hide an object and give your child clues to find it. Say he is *warm* or *hot* as he nears it, and *cool* or *cold* as he moves away from it.
- 16. Watch the sun rise with your child. Then have breakfast together.
- 17. Pour salt onto a cookie sheet. Let your child practice writing letters with her finger in the salt.
- 18. Go on a neighborhood litter patrol with your child. Wear gloves to pick up litter.
- 19. Challenge your child to make a noise like a truck.
- 20. Help your child "write" a letter to Grandma or another loved one.
- 21. Cut up an apple and remove all the seeds. Count the seeds with your child. Then enjoy eating the apple together.
- 22. Help your child develop a sense of humor. Get a book of preschool-level jokes from the library to read together.
- 23. Have your child stand on one foot. Count how long she can balance.
- 24. Tell your child that you love him.
- 25. Have your child guess whether certain items will float or sink. Test them.
- 26. Listen to some classical music with your child.
- 27. Let your child use chalk to make sidewalk drawings.
- 28. Use glue to draw shapes on paper. Have your child sprinkle glitter over the glue, shake off the extra and name the shapes.
- 29. Talk about opposites: *big* and *little*, *fast* and *slow*.
- 30. With safety scissors, help your child practice cutting along a line.
- 31. Help your child do something nice for someone else.



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

EARLY CHILDHOOD