

# Daily Learning Planner

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

This Newsletter is Being Provided by  
Education Service Center Region 15



THE  
**PARENT**  
INSTITUTE®

## November 2022

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

- 1. Help your child find appropriate ways to deal with anger. It's OK to punch a pillow, but never a person.
- 2. Have your child string some dry macaroni to make a necklace. Together, count each piece as your child strings it.
- 3. Let your child see you try a food that is new or different. Talk about it.
- 4. Teach your child a new self-care skill today—buttoning a shirt, for example.
- 5. Give your child a folder to save special photos and letters in. This teaches children to care for important things.
- 6. Fill a "touch box" with small items—a marshmallow, a cotton ball, a pebble, etc. Without looking, can your child guess the objects by feel?
- 7. When your child asks you to play today, respond with "I'd love to!"
- 8. Have your child draw a picture of something that happened today. Then talk about it.
- 9. Offer choices today. Let your child choose between two shirts to wear or two foods to eat for lunch.
- 10. Dim the lights and slowly move the beam of a flashlight across the floor. Ask your child to jump over the beam or step on it.
- 11. See how long your child can keep a balloon aloft by batting it. This teaches eye-hand-coordination.
- 12. With your child, read about holidays around the world. Choose a new holiday to observe as a family, or invent one.
- 13. Glue photos of family members on paper. Ask your child to name them.
- 14. Encourage your child to try two motor tasks at the same time—for example, clapping hands while walking.
- 15. Read a favorite book today as many times as your child wants.
- 16. Talk to your child about the Golden Rule—Treat others as you would like to be treated.
- 17. Tell the story of the day your child was born or came home for the first time. Children love to hear this!
- 18. Allow a few minutes after the light is off at bedtime for a quiet conversation with your child.
- 19. Have your child use play dough or clay to form animals or people.
- 20. After a bath, let your child make wet footprints on colored construction paper. What do they look like?
- 21. The nights are getting longer. Ask your child to draw a picture of a sunny day. Hang it in your kitchen.
- 22. Tell your child that people learn when they try new things. Today, try a doing something a new way.
- 23. Discuss what it means to be a *hero*. Family members can be heroes, too.
- 24. Talk as a family about things you are thankful for. Put your child at the top of your list.
- 25. What is your child's favorite vegetable? Talk about different ways to prepare it. Cook it together.
- 26. Teach your child about uppercase and lowercase letters. Show how each letter can be written differently.
- 27. Talk about where animals live. Which animals would your child expect to see in the jungle? How about in the woods?
- 28. Teach your child a new game today.
- 29. With your child, draw and cut out pictures of different types of transportation.
- 30. Review safety rules for car or bus trips with your child.