

Daily Learning Planner

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

Puyallup School District



THE
PARENT
INSTITUTE®

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

- 1. Help your child create a mini store with products and play money.
- 2. Use construction paper strips to make a chain. Remove one link every night to count down to a special day.
- 3. Have your child draw a picture of the weather during the morning and another one during the afternoon.
- 4. Go outside and let your child play with a rubber ball. Encourage him to bounce it and try to catch it.
- 5. Talk about the parts of a plant. Point out leaves, stem and roots.
- 6. Take a walk with your child to look at the traffic signs. What are their colors? Shapes?
- 7. Tap out a simple rhythm with a spoon. See if your child can copy it.
- 8. Read a book to your child before each meal and before bed.
- 9. Write instructions, such as *hop*, *crawl* or *skip*, on separate pieces of paper. Let your child draw them out of a hat and follow them.
- 10. Cut eye holes in a paper plate to create a mask. Have your child decorate it.
- 11. Ask your child how the sun helps us. (Makes plants grow, keeps us warm.) Can it harm us? (Sunburn.)
- 12. Give your child the opportunity to make choices. Ask, "Will you wear the green shirt or the white shirt today?"
- 13. Plan a screen-free evening. Read, sing or play as a family.
- 14. Discuss families. Who is in your family? What do families do?
- 15. It's Physical Fitness and Sports Month. Enjoy a new physical activity you can do together as a family.
- 16. Ask your child to name things that are seen in the sky.
- 17. Look through a magazine or catalog with your child for categories of things. Look for red things, then find things that are green.
- 18. Have your child fill a dishpan with water. Test an assortment of objects. Which will float? Which will sink?
- 19. Help your child make a card for a friend or relative.
- 20. Put some small items, such as dried beans, in a jar. Ask your child to guess the number of items. Count them together.
- 21. Have your child describe a happy family memory.
- 22. Take your child to a park or playground. Encourage her to swing, climb and use the slide.
- 23. Have your child make a tower out of blocks. Ask him to add "just one," then "just two" and so on.
- 24. Listen to a new kind of music with your child. Talk about how it makes each of you feel.
- 25. Take your child on a trip to observe a nearby construction site. Stay at a safe distance. Plan to visit later and monitor the progress.
- 26. Cut open a fruit that has seeds inside, such as an orange. Explain that fruit grows from seeds. Share the fruit with your child.
- 27. Help your child draw a face on a piece of cardboard and glue it to a popsicle stick to make a puppet. Use it to act out a story you've read.
- 28. Explain that your child learns when she tries new things.
- 29. Eat a frozen treat with your child today.
- 30. Ask your child: "What if people walked on their hands?"
- 31. Encourage your child to try two motor skills at the same time. For example, clapping while walking.