

# Daily Learning Planner

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

Dolton School District  
#148



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

- 1. Make a height chart for your child. Measure her height each month and keep track of her growth.
- 2. Look at a calendar with your child. Point out some special days.
- 3. Have your child save pennies in a jar. When the jar is full, exchange the pennies for dollars and let him buy something.
- 4. Find a kid-friendly recipe. Help your child make that dish today.
- 5. Watch a TV show together. Then, ask your child to tell you about it.
- 6. Model a healthy habit for your child today and invite her to join you.
- 7. Have your child look at his reflection on the back of a spoon. How does it make him appear?
- 8. Help your child practice cutting paper with safety scissors.
- 9. Move to the music of a favorite song with your child.
- 10. Ask your child to jump like a kangaroo, waddle like a duck or flutter like a butterfly.
- 11. Talk about the best and worst parts of the day with your child tonight.
- 12. Get two socks. Soak one in water and keep one dry. Let your child tell you which one is heavier. Ask why.
- 13. Ask your child to check the weather and draw a picture of it.
- 14. Talk about the right and wrong ways to express anger. Right: saying, "I'm angry." Wrong: hitting someone.
- 15. Ask your child to tell you about her friends.
- 16. Talk about how animals survive the winter months. What do bears do? How about birds?
- 17. Cut out letters from materials with different textures, such as paper, felt and sandpaper. Have your child trace them with his finger.
- 18. Go to the library with your child. Check out some books about snow.
- 19. Make a screen time plan for your child. For example, you might allow her to select one or two supervised screen activities each day.
- 20. Make a meal of different shapes. Banana slices are circles; a sandwich cut diagonally makes triangles. Name the shapes with your child.
- 21. Ask your child to follow three-step directions, such as, "Go inside, take off your boots and put them in the closet."
- 22. Trace your child's hand on paper. Ask him to think of ways to be a helping hand. Write his ideas on the drawing.
- 23. Children are often willing to try new foods if they can "dip." Try carrots or celery dipped in a spread or dressing.
- 24. Ask your child to complete sentences like, "If I had one wish, it would be ..." or "Something I'm getting better at is ..."
- 25. Teach your child a song today.
- 26. Go grocery shopping together. Let your child help make a list, pick items off the shelf and unload at home.
- 27. Help your child learn her age and birthday.
- 28. Review the rules for safely crossing the street.
- 29. Notice and compliment your child's good behavior.
- 30. Have your child tell you the three best things about himself.
- 31. Ask your child to tell you about her favorite time of the year. What does she like about it?

**Helping Children Learn**

Tips Families Can Use to Help Children Do Better in School

