

Daily Learning Planner

Ideas parents can use to help children
prepare for school

Region 16 ESC Title III SSA



THE
PARENT
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December • January • February 2020-2021

December 2020

- 1. Have an indoor picnic. Ask your child to name the items you'll need, such as a blanket, plates, napkins, etc.
- 2. How do the trees look today? Talk about how things look different when the trees have lost their leaves.
- 3. Help your child make a snowman out of three marshmallows and uncooked spaghetti.
- 4. Use a glue stick to write your child's name on construction paper. Let her stick cereal pieces or dried beans on the wet glue.
- 5. Go on a pretend trip to the zoo. Talk about different animals you might see there.
- 6. Ask about your child's favorite winter activity; plan to do it together.
- 7. Work on a puzzle with your child.
- 8. Ask your child to draw a picture of himself today. Was he feeling happy, sad, confused, angry?
- 9. Read a fairy tale with your child. Talk about her favorite parts of the story.
- 10. Give your child some three-step directions to follow, such as, "Go inside, take off your shoes and put them in the closet."
- 11. Ask your child to tell you the three best things about himself.
- 12. Take a walk with your child. Look for things you only see in December—for example, holiday decorations and lights.
- 13. Have your child stand on one foot. Count how long she can balance. Now have her try the other foot.
- 14. Have your child paint one paper plate yellow, one green and one red. Glue each on a long stick or tube. Teach him about traffic signals.
- 15. Ask categorical questions. For example, what sleeps? (*animals, people*) What glows? (*stars, the moon*)

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- 16. Help your child weigh herself. Now weigh a large toy. Which is heavier?
- 17. Have your child draw a family portrait.
- 18. Go on a color shopping trip. Make a list of colors with your child. Together, try to find one item of each color in your house.
- 19. Show your child how to strum a spoon across the ridges on a piece of corrugated cardboard to make a rhythmic sound.
- 20. Read a story to your child and use a different voice for each character.
- 21. Give your child a piece of string. Challenge him to find three things that are longer than the string and three things that are shorter.
- 22. When serving food, talk about how you divide it. "There are two of us and one apple. We'll cut it into halves."
- 23. Look out the window at the sun. Talk with your child about why it appears to move as time passes.
- 24. Set aside some time to spend one-on-one with your child today.
- 25. Put on some lively music and get moving together.
- 26. Talk with your child about the very best present she ever received. What made it special?
- 27. Have your child use finger puppets to retell a story.
- 28. Teach your child how to make paper snowflakes. Use some to decorate your windows.
- 29. Discuss the meaning of *the past*. Looking at baby pictures will help your child understand this concept.
- 30. Trace your child's shoe on paper. Let him use crayons and imagination to turn the tracing into a funny picture.
- 31. Use empty paper towel rolls as megaphones. Together, shout out "Happy New Year!"

January 2021

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- 1. Praise your child's efforts when she attempts something new.
- 2. Make a list of the best times you had with your child in 2020. Schedule time on the calendar to do some of those activities again this year.
- 3. Cut out letters from paper, felt and sandpaper. Have your child trace them with his finger.
- 4. Ask your child to give you words that rhyme with words you say: *clap (tap), walk (talk), cat (pat)*.
- 5. Have your child make a winter scene by gluing pieces of cotton onto a piece of construction paper.
- 6. Tonight, look at the moon. Is it a crescent, full circle or half circle? Draw the shapes and let your child choose.
- 7. Visit a pet store and look at the fish. Talk with your child about the different sizes and colors of the fish.
- 8. Wrap masking tape sticky-side out around your child's fingers. Have her use her sticky hand to pick up small light objects.
- 9. Make a bouquet of flowers out of opened-up cupcake liners. Let your child decorate the liners. Tape a straw to each to make a stem.
- 10. Celebrate your child's accomplishments with a Can-Do list. "Conner can: run, count to 10, zip his coat." Post the list!
- 11. Wrap a common household item in paper. Ask your child to guess what it is. Let her unwrap it to see if she's correct.
- 12. Talk about *honesty* and why it is so important. Point to examples of people who demonstrate honesty.
- 13. Read your child his favorite book as many times as he wants.
- 14. Show your child a new shape today. If she knows the basics, introduce a *hexagon* (six sides) or *octagon* (eight sides).
- 15. Let your child choose between two outfits to wear today.
- 16. As you do errands, help your child talk with people about their jobs.
- 17. Decorate a box together and pretend it is a machine. What will it do?
- 18. Exercise with your child. Try touching your toes, doing sit-ups, running in place and stretching your arms and legs.
- 19. Play musical chairs as a family to teach listening and thinking skills.
- 20. Ask your child questions that require more than a *yes* or *no* answer: "What made you feel happy today?"
- 21. Go through old magazines with your child and cut out pictures of healthy foods. Make a collage with the pictures.
- 22. Talk about things we do with our bodies: walk, eat, wave, smell, throw. Which body parts do we use for each?
- 23. Go to the library and check out some picture books about winter.
- 24. Stand in front of the mirror together. Discuss the ways you look alike and the ways you look different.
- 25. Play "Follow the Leader" with your child. Take turns being the leader.
- 26. Discuss *transportation*. With your child, list ways people get from place to place: walking, riding in a car, etc.
- 27. Help your child practice sharing.
- 28. Encourage your child to look at a familiar thing in a new way. A shoebox can be a doll's bed, a paper grocery bag can be a mask.
- 29. Let your child see you reading for pleasure.
- 30. Give your child three pictures that show different steps in a process. Ask, "Which happened first, second, last?"
- 31. Take a family photo. Give a copy to your child.

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February 2021

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- 1. Write a number on a piece of paper. Help your child use clay to mold the same number.
- 2. Read a story together. In the middle of the story, ask how your child thinks it should end.
- 3. Clean out a closet with your child. Let him use old clothes for dress-up play.
- 4. Have your child hold her nose while she eats. Does it affect the taste of the food?
- 5. Teach your child what to do in case of a fire.
- 6. Does your child need new books? Consider organizing a neighborhood book swap.
- 7. Think about a task you usually help your child with. Let her try to do it for herself.
- 8. Show your child some photos of himself at different stages of life. See if he can tell in which photo he was youngest.
- 9. Together, make an indoor fort with light sofa pillows or furniture draped with a sheet. Crawl in with some books and read.
- 10. Help your child measure something with a ruler. Count the inches together.
- 11. Tonight, ask your child what she ate at each meal today.
- 12. Ask your child to hop like a bunny, crawl like a turtle or slither like a snake.
- 13. Plan a backwards meal day. Eat dinner for breakfast and breakfast for dinner. Let your child help plan what to cook.
- 14. At dinner, have each family member say something nice about every person at the table.
- 15. Show your child that one color can have many shades. Use paint swatches from paint or hardware stores to demonstrate.
- 16. Read a poem aloud. Stop to let your child guess what the next rhyming word will be.
- 17. Give your child an example of ways to be safe, such as wearing a seat belt in the car. Can he think of other ways to be safe?
- 18. Will your child start kindergarten in the fall? Find out when to register.
- 19. Choose a book with lots of pictures. Instead of reading it, have your child tell you the story based on the illustrations.
- 20. Let your child invite a friend over today. Beforehand, talk about how to be polite.
- 21. Gather all your child's stuffed animals. Ask her to sort them by size.
- 22. Expect your child to pick up toys after play time. Turn on some upbeat music during clean-up time!
- 23. Play Silly Simon Says. Ask your child to pick up a block without using his hands, or to talk without opening his mouth.
- 24. With safety scissors, help your child practice cutting paper. Have her cut in a straight line and then a curve.
- 25. Ask your child to pretend he is going to the beach. What will he need to bring with him?
- 26. Have your child use blunt-tip tweezers to pick up small items such as pieces of cereal. This builds muscles needed for writing.
- 27. Go to the library and help your child pick out a book about nature.
- 28. Take a walk with your child and use all five senses to observe the world around you.

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