

# Daily Learning Planner

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

Rockdale County Public Schools



THE  
**PARENT**  
INSTITUTE®

**December • January • February 2023-2024**

## December 2023

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

- 1. Paint a picture with your child using only black and white paint.
- 2. Look online or in the newspaper for a list of seasonal events. Plan to attend one as a family this month.
- 3. Let your child invite a friend to play. Beforehand, discuss how to be polite.
- 4. Talk with your child about what happened today. Together, draw a picture describing the day.
- 5. Read a book with your child about helping others. Talk about the importance of community service.
- 6. Make sure your child knows your family's street address. Look at the building number together.
- 7. Find a broken toy. See if you and your child can fix it.
- 8. When your preschooler has a problem, offer two appropriate solutions and let your child decide which one to choose.
- 9. Visit a pet store and look at the fish. Discuss their sizes and colors.
- 10. Encourage independence. Make rules your child can follow for getting a snack or choosing activities.
- 11. Help your child practice sharing.
- 12. Talk about how animals survive the winter months. What do bears do? How about birds?
- 13. Read a fairy tale with your child. Talk about favorite parts of the story.
- 14. Play a game of Follow the Leader. Take turns leading and following with your child.
- 15. Measure and weigh your child. Explain about inches and pounds.
- 16. Spend 30 minutes reading together today. Let your child pick the books you will read.
- 17. If you're cooking with spices, let your child smell each one. Which smells the best?
- 18. Have a counting day. Count stairs as you climb them, cars as they pass and stars as you spot them.
- 19. Make a noisemaker with your child. Put dried beans in a plastic container with a lid. Shake it to music. Feel the rhythm.
- 20. If your holiday plans involve travel, pack a goody bag full of snacks, books and games to keep your child entertained.
- 21. Make a snowman together out of three marshmallows.
- 22. Have your child draw a picture of something that people do or see in December.
- 23. Hunt for the first letter of your child's name together today. Look on signs, in books and in newspaper headlines.
- 24. Tell a story about when your child was a baby.
- 25. Listen to seasonal music you like and sing along with your child.
- 26. Have your child talk to older relatives about their childhood days.
- 27. Write some instructions on pieces of paper, such as "Hop on one foot." Draw them out of a hat and follow them for a fun activity.
- 28. Put five items of one kind and six items of another kind on a table. Ask your child, "Which group has more?"
- 29. Help your child make an indoor fort with sofa pillows or furniture draped with a sheet.
- 30. Visit the library to check out some new books to read with your child. Enjoy them together.
- 31. Give your child an empty paper towel roll as a megaphone. Shout out, "Happy New Year!"

# January 2024

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- 1. Make a list with your child of three fun things to do or try in 2024. Save the list and refer to it.
- 2. Show your child how to make paper snowflakes. Use some to decorate your windows.
- 3. Ask your child to describe a happy family memory.
- 4. Set out pots and lids of different sizes. Ask your child to put the matching lid on each pot.
- 5. Go through grocery store ads with your child and cut out pictures of healthy foods. Make a collage with the pictures.
- 6. Talk about your child's favorite winter activity; if possible, do it together.
- 7. Notice your preschooler's good behavior today. Remember to make your praise as specific as possible.
- 8. Let your child draw on paper towels with washable markers. Spray the towels with water. Watch the colors blend!
- 9. Clap your hands in specific patterns, such as four times quickly. Can your child do the same?
- 10. Talk to your child about honesty and why it is so important. Point out examples of people who demonstrate honesty.
- 11. Visit a bakery. Share a treat with your child and take turns thinking of words to describe it, such as *sweet* and *scrumptious*.
- 12. Play school with your child.
- 13. Discuss the meaning of a *dozen* and *half a dozen*. Ask your child, "What things do we buy by the dozen?"
- 14. Help your child name each of the five senses. How do people use them?
- 15. Make a meal of shapes. Banana slices are circles, a sandwich cut diagonally makes triangles. Name the shapes with your child.
- 16. Expect your child to pick up toys after play time. Turn on some clean-up time music.
- 17. Pick an object, such as a toy. Ask your child to find something *bigger* than the toy and something *smaller*.
- 18. Assign your child a special job. It's never too early to learn responsibility.
- 19. Teach your child *positional* words, such as *under*, *over*, *behind* and *beside*.
- 20. Write a letter of the alphabet. Think of things that begin with that letter and have your child draw some of them.
- 21. Make cookies together in the shapes of letters and numbers.
- 22. Help your child make musical instruments from things around your house. Have a concert.
- 23. Put together a jigsaw puzzle with your child.
- 24. Teach family members a tongue twister. At dinner, challenge everyone to repeat it three times fast.
- 25. At bath time, teach your child how to blow bubbles in the water.
- 26. Have your child look through newspapers, junk mail and catalogs to find pictures of different forms of transportation.
- 27. Have a picnic inside. Ask your child to name the items for your picnic as you place them in a basket.
- 28. Give your child five coupons, each good for one hour of your undivided attention.
- 29. Ask your child to think of words that describe winter.
- 30. Choose a book with lots of pictures. Instead of reading it, have your child tell you the story based on the illustrations.
- 31. Ask your child to use finger puppets to retell a story.

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# February 2024

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

- 1. Start a chain of hearts. Cut out small hearts. Each day, write a reason you love your child on one and attach it to the chain.
- 2. Will your child start kindergarten in the fall? Find out when to register.
- 3. Make an I'm Bored Box. Fill it with craft activities and things to read.
- 4. Find out when the next children's event is at your local library. Mark it on the calendar and plan to attend.
- 5. As you do errands together, talk to your child about the different jobs people do.
- 6. Take a short walk with your child before bedtime. Take turns describing what it feels like outside.
- 7. Focus on polite behaviors at mealtimes, such as taking small bites and saying *please* and *thank you*.
- 8. Have a Device-Free Day. Read, play games or listen to music instead.
- 9. Show your child a new shape today.
- 10. Build memory skills. Say, "I went to the store and bought bananas." Ask your child to repeat what you said.
- 11. Read a story. Ask your child to tell you one thing about the beginning, one thing about the middle and one thing about the ending.
- 12. Call your local fire station and ask if you can schedule a visit with your child.
- 13. Cut the letters of your preschooler's name out of printed advertising. Ask your child to glue the letters to a piece of paper in the right order.
- 14. Take time to give your child an extra hug today. Don't forget to say, "I love you!"
- 15. Wrap an item in paper. Ask your child to guess what it is, then unwrap it to see if the guess was correct.
- 16. Does your child need some new books? Consider organizing a neighborhood book swap.
- 17. Visit a local historical site with your child.
- 18. Play catch with your child. Stand close and toss a large light ball back and forth.
- 19. Take turns naming things that are cold in winter.
- 20. Help your preschooler practice cutting with safety scissors. Have your child cut in a straight line and then a curve.
- 21. Write a number on a piece of paper. Let your child use clay to mold the same number.
- 22. Read a favorite book aloud as many times as your child wants.
- 23. Point out the sun's location in the morning and in the afternoon. Talk with your child about how the Earth moves around the sun.
- 24. Visit a playground where your child can run, jump and climb safely. These are important motor skills.
- 25. Help your child decorate paper plates and use them to make a hat.
- 26. Let your child use tweezers to pick up small items such as raisins. This builds muscles needed for writing.
- 27. Cut out letters from paper, felt and sandpaper. Have your child trace them with a finger as you name them together.
- 28. Give your child a spoon to use as a ruler. Together, measure items in your home. How many spoons long are they?
- 29. Ask your child to draw a picture about an abstract idea, such as *love*, *happiness* or *fear*.

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