

# Daily Learning Planner

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

Columbus City Schools  
Division of Early Childhood Education



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. This is the first day of the year. Explain to your child the meaning of *first*. Give examples: Breakfast is the *first* meal of the day.
- 2. Help your child set a goal and create a plan to achieve it this year.
- 3. Ask your child to think about things people do in the snow. Examples: build a snowman, wear boots and mittens, go sledding.
- 4. Describe a noise and ask your child to tell you if it's *loud* or *soft*.
- 5. Make music with your child using pots, pans and kitchen utensils.
- 6. Wash hands with your child before each meal. Talk about the importance of frequent hand washing.
- 7. Talk with your child about time. Explain there is a time to get up, a time for lunch, a time for bed.
- 8. Write a letter of the alphabet. Think of things that begin with that letter and have your child draw some of them.
- 9. What is your child's favorite winter activity? Plan to do it together.
- 10. Play the "opposites" game. Say a word and see if your child can tell you its opposite.
- 11. Model a healthy habit for your child today.
- 12. Help your child create an All About Me book. Include drawings, pictures and keepsakes.
- 13. Put a small pile of coins on the table. Name each type, and have your child sort them.
- 14. Let your child draw on paper towels with washable markers. Spray the towels with water. Watch the colors blend!
- 15. Teach your child the rules for crossing the street safely.
- 16. Play a game of charades with your child. Use hand gestures and motions to describe a word for your child to guess.
- 17. Help your child make a noisemaker. Put dried beans in an aluminum pan and staple another pan on top. Shake it in different rhythms.
- 18. Let your child see you keep your temper when you are upset. Instead of yelling, calmly talk about how you feel.
- 19. Give your child an ice cube to hold. Explain that ice is a form of water.
- 20. Teach your child to make paper snowflakes. Use some to decorate your windows.
- 21. Look at the stars tonight. Can your child find the Big Dipper?
- 22. Set aside some time to spend one-on-one with your child today.
- 23. Bounce a ball to help your child practice counting. Bounce once and say "one." Bounce twice and say "one, two."
- 24. Cut out shapes from paper (triangle, rectangle, square, circle). Have your child arrange them to form a boat or a house.
- 25. Gather some water-safe objects. Ask which your child thinks will float or sink in water. Supervise while your child tests to see.
- 26. Cut your preschooler's favorite sandwich into a puzzle. Have your child put the pieces together before eating it.
- 27. Use sock puppets to have a conversation with your child.
- 28. Ask your child to draw a picture, then make up a story about it and tell it to you.
- 29. Tell your child a riddle. "I bark and wag my tail. What am I?" (A dog.)
- 30. Talk with your child about how animals survive the cold winter months. What do bears do? How about birds?
- 31. Trace your child's shoe onto a sheet of paper. Then have your child use crayons or markers to turn it into a picture.