

My Child's Day: A Flexible Learning Plan

A daily rhythm, not a timetable. Plan meaningful learning moments without turning home into a classroom.

Child's name

Date

Today we want to focus on

- ☐ Connection ☐ Independence ☐ Language ☐ Creativity
☐ Movement ☐ Early literacy ☐ Early maths ☐ Fine motor skills

1. MORNING CONNECTION

Start the day with connection

What will we do together?

Ideas: talk about the day · read a short story · sing a song · share feelings

Our idea

2. MOVEMENT & BODY TIME

Help children prepare their bodies for learning

Activity

- ☐ Outdoor play ☐ Dancing ☐ Obstacle course
☐ Yoga / stretching ☐ Nature walk

What did we notice?

3. LEARNING THROUGH PLAY

What is my child interested in today?

Today's interest

Example: "Dinosaurs" → counting dinosaur toys → drawing dinosaurs → reading dinosaur books

ACTIVITY PLAN**Activity name**
.....**Skills we are supporting**

- ☐ Language ☐ Problem solving ☐ Fine motor ☐ Creativity
☐ Social skills ☐ Early maths ☐ Early literacy

Materials
.....**4. INDEPENDENT TIME***What can my child try independently?***Small tasks**

- ☐ Pack away toys ☐ Choose an activity
☐ Help prepare food ☐ Complete a simple challenge

My child practised
.....**5. CALM RESET***Every child needs a pause***What helps my child slow down?**

- ☐ Quiet reading ☐ Drawing ☐ Sensory play
☐ Music ☐ Rest time ☐ Deep breathing

Today we tried
.....**6. REFLECTION****What did my child enjoy today?**
.....**What surprised me?**
.....**What would I like to try again?**
.....**Tomorrow's small idea — one simple thing we can explore**
.....

SEE IT IN ACTION

Emma's Day: A Flexible Learning Plan

A filled-in example, so you can see how one simple interest can shape a whole day of learning.

Child's name: Emma • Focus today: Language, Early maths, Fine motor skills

1. MORNING CONNECTION

We read one page of Emma's favourite animal book together at breakfast and talked about which animal she'd like to be today. She chose an elephant, "because they're big and gentle."

2. MOVEMENT & BODY TIME

Outdoor play — we walked like different animals across the backyard. Emma noticed elephants "walk heavy" and tigers "walk quiet," which turned into its own little game.

3. LEARNING THROUGH PLAY

Today's interest: Animals

Emma loves animals → animal counting game → drawing animals → story reading

Activity: counted plastic animals into groups of five. Skills supported: early maths, fine motor, language.
Materials: toy animals, a shoebox, paper and crayons.

4. INDEPENDENT TIME

Emma packed the animals back into their box by herself and chose her own drawing activity afterwards, no prompting needed.

5. CALM RESET & REFLECTION

Quiet reading on the couch before nap time. She enjoyed the counting game most, and asked to "count the elephants again tomorrow", which became tomorrow's small idea.

FROM EARLYCHILDHOODEDUNET

You're not just organising the day. You're understanding how your child learns.

If this rhythm felt useful, here's where to go next.

FREE SAMPLER

Story-Based Tracing Pages

Three free pages to try our story-first tracing method before you commit to anything.

FREE TEMPLATE

Play-Based Lesson Plan

A planning sheet for more structured learning moments, with a worked example included.

THE BUNDLE

Story-Based A-Z Tracing Set

26 letters, each with its own story sentence, for fine motor and early literacy together.

Find all three at earlychildhoodedu.net