



TONS OF
RESOURCES

FREE PRESCHOOL AT HOME CURRICULUM

Day to day
activities



Planning Kit



www.TheStay-at-Home-MomSurvivalGuide.com

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Dear Preschool Parent,

It is with great excitement that I welcome you to teaching your preschooler at home! This can be a positive, special experience for you both. It just takes some smart planning and the included tools to make a great start.

Included in this Planning Kit are printable pages you can use to organize your days at home to include homemaking tasks and preschool time.

You may not need to use every page included here, but with the variety I am sharing with you in this free kit, you can choose which printables will best help you. Everyone plans differently, so I wanted to offer some variety.

If you use every page in this kit, that is great too! The beauty of teaching preschool to your own child at home is you can create things that work best for you and your child. It is custom education, and it is preschool, not college, so don't stress too much!

The planning kit should help you frame out your days using the list of preschool activities on the Free Preschool curriculum page on The Stay-at-Home Mom Survival Guide.

These printables allow you to work in other preschool activities too.

If you need more explanation on any of the pages included here, review the live chat replay over on Youtube or reach out to me via email. All the links are listed below for you.

1. [Live Preschool Curriculum Chat \(Replay\)](#) {Explains this guide and the free curriculum plan.}
2. [Preschool at Home Curriculum Homepage](#) [Where you access the example schedule and activity plans.]
3. [Preschool Activity Archives](#) [More activities to keep the learning going all school year.]
4. Jaimi Erickson email: admin@thestay-at-home-momssurvivalguide.com

You can do this! Preschool at home is more quality time together for you and your child which research shows is the key to future academic success and family stability. This is just the start of a great experience, and I am thrilled for you to get started.

All the best,

Jaimi Erickson

Creator, Preschool at Home Curriculum

Founder, The SAHM Survival Guide



How to Use Each Planning Page

1. *Weekly Preschool Plan Sheet*

- a. Fill in the activities you will do each day. Include both at home learning activities and things like library story time, moms group, playdates, etc.
- b. This page gives you an overview of your whole week and helps you organize your prep work.
- c. It is helpful to fill this out on Sundays and then use part of Monday to gather books and supplies that are needed.

2. *Today for Preschool Plan Sheet*

- a. Fill in the specifics for each day's learning activity. This will guide you through the important parts of each lesson as well as the supplies you will need to complete the activity.
- b. Be as detailed as you like to feel prepared for each day.
- c. Most preschool programs are 2 or 3 days a week. You will use these daily planning sheets for 2-3 days each week.

3. *How to Teach a Preschool Activity Guide*

- a. This is a general outline to use as a guide when you are teaching through an activity.
- b. It is meant to help you see each step of an effective preschool lesson, but it is also flexible.
- c. Use your own wording or rearrange the pieces in this outline if it works better for you – even if you do things in a different order on different days.

4. *Daily Schedule Planning page*

- a. To help you manage your home and this new preschool at home plan, these daily planning pages keep essential tasks organized and on your mind.
- b. Fill this out at the beginning of every day to set priorities.
- c. This format is for you if you know what tasks you need to complete each day.

5. *Successful Day Checklist*

- a. This checklist is for you if you want a template of what an organized day can look like.
- b. The day is broken into segments, and the preschool learning time would fall into one of the activity times listed.
- c. You may start with this checklist and then shift to using the *Daily Schedule Planning* checklist discussed above.



weekly preschool plan

monday

tuesday

wednesday

thursday

friday

prep ahead



weekly preschool plan

EXAMPLE

monday

Introducing
the alphabet

tuesday

Moms group

wednesday

Alphabet order
activity

thursday

Playground
playdate

friday

Letter of the Day:
A

prep ahead

- butcher paper
- marker
- construction paper
- stickers of things that start with A

Today for Preschool

Activity Name & Topic:

Supplies I Need to Prep:

Book to Read:

Free Play or Centers:

Notes:



Today for Preschool

EXAMPLE

Activity Name & Topic:

Introducing the alphabet

Supplies I Need to Prep:

*markers, large piece of paper or posterboard,
scissors, notebook, highlighter, pencil*

Book to Read:

Dr Seuss' ABC

Free Play or Centers:

alphabet puzzle

Notes:

*get book at library,
store activity in ziploc bag to use again*



DAILY SCHEDULE

DATE _____

[illegible]

The Stay-at-Home-Mom Survival Guide

Successful Day Checklist

(Check off each task or activity as you complete it.
You will be amazed by how much you do each day!)

Morning

- ☐ Breakfast
- ☐ Clean up kitchen
- ☐ Dishes/Load dishwasher
- ☐ Activity together
- ☐ Cleaning time
- ☐ Free play (in or out)

Afternoon

- ☐ Lunch
- ☐ Clean up kitchen
- ☐ Read books together
- ☐ Rest time (Mom's Time)
- ☐ Snack
- ☐ Free Play (in or out)
- ☐ Make dinner

Evening

- ☐ Clean up kitchen
- ☐ Dishes/Load dishwasher
- ☐ Homework or reading time
- ☐ Family together time
- ☐ Clean up time
- ☐ Bedtime routine
- ☐ Mom and Dad's time together

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