

7-Day Learning Routine (Age 3)

10 minutes a day: reading, math, and motor skills

Daily Structure

- Block 1 (4 min) — Pre-Reading
- Block 2 (3 min) — Early Math
- Block 3 (3 min) — Fine Motor

Weekly Plan

Monday

- Read a picture book + ask 2 questions
- Count 5 snack items before eating
- Playdough: roll snakes and coils

Tuesday

- Spot the letter of the week around the house
- Sort toys by color (2 groups)
- Draw vertical and horizontal lines

Wednesday

- Rhyming pairs: cat/hat, dog/log
- Make a 2-color pattern with blocks
- Peel and place stickers on paper

Thursday

- Retell yesterday's story (what happened?)
- Compare 2 objects: bigger or smaller?
- Scoop and pour rice between cups

Friday

- Sound hunt: find things starting with one sound
- Count steps from door to kitchen
- Tear paper into pieces, glue a collage

Weekend

- Free reading: child picks any book
- Count anything during an outing
- Free choice: draw, paint, or playdough

Tips for Success

- Same time every day (anchor to existing habit)
- Start with 5 min for the first 3 days, then add Block 3
- Offer choices, not commands
- Protect the streak, not the clock — 3 min counts
- Celebrate the habit, not the achievement

Start today's lesson: [kindergartenstart.com/?src=pdf](https://www.kindergartenstart.com/?src=pdf)