

Daily Learning Planner

*Ideas families can use to help students
do well in school*

Shelton Youth & Family Services



THE
PARENT
INSTITUTE®

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Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Look in the newspaper or online for community events that may interest your teen.
- 2. Many teen parties involve alcohol. Talk with your teen about the dangers of underage drinking.
- 3. Help your teen create a résumé. Include part-time jobs and volunteer experiences. Add skills and activities that show responsibility.
- 4. Put your teen in charge of one or two seasonal traditions.
- 5. Ask your teen, "What's the bravest thing you've ever done?"
- 6. Talk with your teen about why you appreciate your education. Or talk about why you wish you'd learned more.
- 7. Show your teen photos of yourself at your teen's age.
- 8. Encourage your teen to spend a few minutes listening to a different style of music.
- 9. Is there a college near your home? Tour the campus with your teen.
- 10. Watch an educational show on TV with your teen.
- 11. Help your teen set homework priorities. Which assignment is the most important? Due first?
- 12. Look over your teen's schoolwork. Give compliments before offering constructive criticism.
- 13. At dinner tonight, have every family member say something nice about each person at the table, including themselves.
- 14. Ask your teen to imagine life 150 years ago. How about 150 years in the future?
- 15. Teens, like adults, feel pressured for time. Talk about how to set priorities and manage time.
- 16. At the grocery store, have your teen compare two sizes of the same product. Which is the better buy?
- 17. Ask your teen to tell you how to get from one place to another. Follow the directions together. Are they correct?
- 18. Browse the audiobooks section of your library's website. Have your teen download one to listen to.
- 19. Encourage your teen to write a note to a teacher or coach who has been a positive influence.
- 20. Take turns making statements with your teen. Identify each one as either *fact* or *opinion*.
- 21. If someone asked, "How do you know your parents love you?" what would your teen say? Ask.
- 22. Help your teen bake cookies today. Have your student use math skills to double or halve the recipe.
- 23. Enjoy a healthy snack with your teen.
- 24. Suggest that your teen interview older relatives about their teen years.
- 25. Create a new family tradition. Ask your teen for ideas.
- 26. Ask about the best present your teen ever got. What made it special?
- 27. Read a letter from an advice column aloud. How would your teen solve the problem?
- 28. Ask what your teen would do if offered drugs or alcohol. Role-play ways to say *no*.
- 29. Ask your teen, "What do you feel most confident doing?"
- 30. Do a crossword puzzle with your teen today.
- 31. Teach your teen, "A goal is a dream with a deadline."