

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. Drugs can be deadly the first time kids use them. Talk with your child and provide the facts.
- 2. Choose a book with an author's name that begins with "A." Read it together. Next, try a "B" book.
- 3. Help your child think of tough situations that might come up. How would your middle schooler handle them?
- 4. Don't use problems with schoolwork as an excuse to criticize or argue with your child about other issues.
- 5. Make a decision as a family. Give everyone a say before deciding.
- 6. It's Screen-Free Week. Have your child think of fun activities your family can do to replace digital entertainment.
- 7. Give your middle schooler a math-related household task to do. Can your child calculate your family's average monthly electricity expense?
- 8. Challenge your child to circle all the adjectives in a news article.
- 9. Play geography games as a family. Ask one another to name capitals or describe locations of different countries.
- 10. Does your child need more responsibility? More time to talk? More privacy? Ask what your middle schooler thinks.
- 11. Patiently explain the reason for a rule your child doesn't like.
- 12. Ask your child to help you plan and do the shopping for this week's dinner menu.
- 13. Visit the library with your child. Check out a book that will make you both laugh.
- 14. Memorize something with your child today. Try a poem or a quotation.
- 15. Do everyday tasks with your child, such as washing dishes, to gain more time together.
- 16. Help your child find opportunities to volunteer in the community.
- 17. Help your child use a few spare minutes to get a jump-start on schoolwork.
- 18. It's Physical Fitness and Sports Month. Enjoy a physical activity together as a family.
- 19. Look at family photos with your child. Tell stories about relatives.
- 20. Have your child give you examples of a complete sentence, an incomplete sentence and a run-on.
- 21. Have your child download an audiobook to listen to in the car.
- 22. At the grocery store, have your child estimate how many apples are in two pounds. Use the scales to check.
- 23. Open a book or newspaper to a random page. What new words can your child find there? Look up their definitions together.
- 24. Take a map with you in the car or on a walk. Point out where you are headed and let your child help navigate.
- 25. Ask your child, "What is your favorite time of day? Why?"
- 26. Ask your child to suggest new words that should be in the dictionary.
- 27. Watch your child's favorite show together. Ask questions, such as "What would you have done in that situation?"
- 28. Learn the symptoms of eating disorders. Help your child develop healthy eating habits.
- 29. Talk about one thing you admire most about your child as a student.
- 30. Avoid labeling your child (Emerson is the shy one). Kids tend to live up to roles cast for them by their families.
- 31. Discuss your child's accomplishments over the past school year.