

Daily Learning Planner

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

Cumberland County Schools



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. Review your calendar. Can you schedule time to volunteer for the school at least once this month?
- 2. If your teen misbehaves, don't decide on a consequence when you are angry. Wait until everyone has calmed down.
- 3. Suggest your teen make an emergency school supply kit.
- 4. Let your teen help you make a family chore chart. Everyone can check off jobs after completing them.
- 5. Agree with your teen on certain days to set aside for family activities.
- 6. Ask who in your family your teen feels most like. What do they have in common?
- 7. Sometimes teens tune out long instructions. Using a single word—"dishes" or "homework"—can get the message across.
- 8. Brainstorm together about the snacks your teen eats. Could your student make some healthier choices?
- 9. Is your teen a new driver? Review the "rules of the road" for driving in wintry conditions.
- 10. Can your teen sew on a button? If not, demonstrate how. It's a basic life skill that everyone should learn.
- 11. Schedule a family meeting. Talk about your family's goals and successes.
- 12. Have your teen figure out the perimeter and area of a room in your home.
- 13. Go window-shopping together. What would your teen buy with \$100?
- 14. Have family members take silly photos of one another. Who can make the funniest face?
- 15. If your teen is struggling in a class, suggest moving to a seat in the front of the classroom.
- 16. Challenge everyone in your family to learn and use one new word every day.
- 17. Talk with your teen about what it means to be a responsible member of a community.
- 18. Discuss a controversial issue with your teen. Ask, "What do you think?"
- 19. Celebrate National Popcorn Day. Pop some popcorn with your teen and just chat.
- 20. Is your teen getting enough exercise? Take a brisk walk together.
- 21. Review your rules. Do they need adjusting now that your teen is older?
- 22. Ask your teen to put gas in the car. Demonstrate how to check the oil.
- 23. Set a timer for five minutes. Sit down with your teen and both of you write as much as you can before the timer goes off.
- 24. Encourage your teen to designate places to keep easily mislaid items, such as keys.
- 25. At dinner, ask family members to share one thing they learned today.
- 26. Ask what *success* means to your teen.
- 27. Charge phones and other devices out of your teen's bedroom at night. Many teens text and check social media when they should be sleeping.
- 28. Talk with your teen about dating and relationships. Share your values and standards.
- 29. Have your teen research an internship that may be of interest.
- 30. Talk with your teen about the risks of *all* tobacco products, including vapes and smokeless tobacco.
- 31. Give your teen a compliment today.