

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. Ask your teen: "What would you do if someone offered you drugs or alcohol?" Role-play different ways to say *no*.
- 2. Encourage your teen to look up definitions of unfamiliar terms in the weather forecast, such as *dew point* or *snow squall*.
- 3. Who does your teen admire? Suggest writing a letter to that person.
- 4. To promote saving, consider matching your teen's savings with an equal contribution.
- 5. During an argument, switch places with your teen. Each of you present the other person's point of view.
- 6. Make sure your teen is keeping a record of academic and extracurricular participation and accomplishments.
- 7. Announce a family tech cleanup day. Everyone clears out their email inboxes and spam folders.
- 8. Take your teen out for breakfast, or serve a favorite breakfast at home.
- 9. Talk about your own day in as much detail as you'd like to hear about your teen's day.
- 10. Watch the news with your teen. Choose one story and compare it with a news article on the same topic.
- 11. Tell your teen about something you did in high school that you would do differently now.
- 12. Remind your teen to choose friends of strong character. Give an example from your own life.
- 13. Share this fact with your teen: Students remember more after two short study sessions than one long session.
- 14. Tell your teen to keep a notebook handy when reading. It's ideal for writing down unknown words to look up later.
- 15. Each time your teen studies, suggest jotting down at least one question to ask in class.
- 16. In the car, talk to your teen about safe driving practices, like turning on headlights while using windshield wipers.
- 17. Call out words from a dictionary during breakfast. See who can spell them correctly.
- 18. Tell your teen: "I know you can learn and succeed in school." Teens tend to live up to family expectations.
- 19. Talk together about your teen's plans for after graduation.
- 20. Share this fact with your teen: One of the best ways to prepare for success in college is to read every day.
- 21. Visit the public library with your teen. Recommend a book that you enjoyed when you were in high school.
- 22. Teach your teen to cook a favorite family recipe or choose a new one to cook together.
- 23. Suggest that your teen sort through saved treasures and make a scrapbook of items that inspire happy feelings.
- 24. Share one of your values with your teen. Family opinions do matter to high schoolers.
- 25. Go for a short walk with your teen. Stop and close your eyes—what do you hear?
- 26. Point out your teen's strengths. Teens already know their shortcomings.
- 27. Make a family pledge: Everyone reads for at least 20 minutes a day.
- 28. Ask your teen to plan healthy family dinners for the first week of March, and make a list of needed ingredients.