

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. Before your teen attends a party, make sure that a responsible adult will be present.
- ☐ 2. Teens may say, "Everyone else does it." Don't cave in—say, "Well, we don't."
- ☐ 3. Watch the news together. Suggest that your teen learn more about a story that sparks interest.
- ☐ 4. Talk about the importance of alerting an adult if your teen is aware of bullying.
- ☐ 5. Learn a tongue twister. At dinner, challenge everyone to repeat it three times fast.
- ☐ 6. Ask your teen, "If you could change one thing about the world, what would it be?"
- ☐ 7. Talk together about your teen's character traits that will be valuable in the workplace, and why.
- ☐ 8. Help your teen draw up a monthly budget, including plans for unexpected expenses.
- ☐ 9. Declare this an Acts of Kindness Day. Make a special effort to be kind to one another.
- ☐ 10. Have your teen find out about dual-enrollment opportunities at a community college in your area.
- ☐ 11. Is your teen having a problem at school? Help brainstorm ways your student could address it without your involvement.
- ☐ 12. Allow your teen to take over some life-management tasks, such as making medical appointments.
- ☐ 13. Teach your teen that sports are for fitness and fun. Winning isn't the only goal.
- ☐ 14. Declare Teens Night in the Kitchen. Let your teen choose what to cook.
- ☐ 15. Introduce new words in conversations with your teen.
- ☐ 16. Play a game with your teen that builds thinking skills, such as chess.
- ☐ 17. Have your teen tell you about the assignments that are due this week.
- ☐ 18. Challenge your teen to draw a self-portrait.
- ☐ 19. Ask about your teen's hardest school subject. Together, brainstorm ways to make it easier.
- ☐ 20. No assignments due tomorrow? Have your teen use study time today to review or read ahead.
- ☐ 21. Compliment something about your teen's appearance.
- ☐ 22. Encourage your teen to use self-stick notes to write down tasks and items to remember.
- ☐ 23. Ask for your teen's input on a family decision.
- ☐ 24. When you are having a conversation, don't talk more than 30 seconds at a time before letting your teen have a turn.
- ☐ 25. Pass on compliments you hear about your teen to your teen.
- ☐ 26. Share stories with your teen that convey your values and your family's history.
- ☐ 27. Make a list of all the things that make your family members thankful.
- ☐ 28. Write a thank-you note for something your teen has helped you with. "Thank you for doing the dishes last night."
- ☐ 29. If your teen doesn't already know how to do laundry, teach this essential life skill.
- ☐ 30. Ask what low-cost things you've done together that your teen most enjoyed. Plan to do them again.