

# Daily Learning Planner

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

Cumberland County Schools



THE  
**PARENT**  
INSTITUTE®

## January 2026

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

- 1. Help your teen set goals for this year. Post them in a visible location.
- 2. Plan a weekend family activity. Let your teen invite a friend.
- 3. Ask your teen: "What punishment have you received that you thought was unfair? Why did you feel that way?"
- 4. If your teen wants a part-time job, agree on the number of hours per week and rules for working on school nights.
- 5. Smile when you see your teen today.
- 6. Make an effort to "listen" to your teen's body language. Teens often tell you as much through behavior as through words.
- 7. Suggest that your high schooler practice writing by posting an online review of a product your family recently purchased.
- 8. Promote healthy risk-taking to boost confidence. Applaud your teen for tackling a new challenge.
- 9. Offer your teen a shoulder to lean on after a busy or challenging day.
- 10. Is there a college nearby? Walk around the campus with your teen.
- 11. Watch TV with your teen. Discuss characters' choices and consequences.
- 12. Vaping is unsafe for teens. Together, search online for facts about it.
- 13. With your teen, brainstorm ways your family could lower utility bills.
- 14. Ask your teen to draw you a diagram of something the class is learning.
- 15. Have your teen research the answer to an interesting question, such as "Why do July and August each have 31 days?"
- 16. Learn about upcoming events for families at school. Make plans to attend at least one.
- 17. Ask what your teen is thankful for today.
- 18. Before your teen goes out, ask, "Where will you be?" and "Who will be with you?" Knowing plans lets you head off trouble before it starts.
- 19. If your teen is interested in a job that doesn't require a four-year college degree, talk about what training it does require.
- 20. Get your teen's input on decisions about allowance, curfews and other family rules.
- 21. Challenge everyone in your family to learn and use a new word a day.
- 22. Index cards are great for studying. Students have room to write down only the most important points.
- 23. Have your teen pick three interesting places to visit within driving distance. Make plans to do so.
- 24. Go for a winter nature walk as a family. See how many plants and animals you can identify.
- 25. Watch a funny movie and relax with your teen.
- 26. While shopping, have your teen handle the transaction using cash, look over the receipt and check the change.
- 27. Tell your teen that maintaining a strong attendance habit in school helps prepare students for the job market.
- 28. Talk about the ads when you watch shows with your teen. How are they trying to persuade viewers?
- 29. If your teen is saving for a special purchase, suggest keeping a picture of the item handy to prevent impulse spending.
- 30. List three of your teen's successes last week. List three of your own. Post the lists where you can both see them.
- 31. Look through old family photos with your teen and tell family stories.