

# Daily Learning Planner

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

Cumberland County Schools



THE  
**PARENT**  
INSTITUTE®

## December 2024

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

- 1. With your teen, set aside certain days this month for family events.
- 2. Encourage your teen to look up the nutrition in snack foods. Could your student make some healthier choices?
- 3. Practice setting priorities with your teen. Make a list of things to do today. Do the most essential tasks first.
- 4. Every day, ask about what your teen is learning and thinking.
- 5. Help your teen start a college and career portfolio. Include a list of activities and dates of participation, schoolwork samples and a résumé.
- 6. Have your teen solve personal math problems: "How many hours until your birthday?"
- 7. Challenge your teen to find the answer to an interesting question. For example, "How did our town get its name?"
- 8. Share a favorite family tradition from your own childhood. Recreate it with your teen.
- 9. Go window-shopping with your teen. Discuss what you see.
- 10. Talk about how your family can do something for others this month.
- 11. Have your teen write test dates on your family calendar. Make sure your student gets to school on time and well-rested on those days.
- 12. Focus on listening to improve communication with your teen.
- 13. Talk with your teen about positive and negative aspects of stress.
- 14. Is your teen's room messy? Set the timer for a 15-minute pick-up blitz before your student gets together with friends.
- 15. Encourage your teen to use the career planning services at school.
- 16. Enjoy a physical activity with your teen. You'll get exercise—and it may lead to some great conversation.
- 17. Ask your teen, "What's the bravest thing you've ever done?"
- 18. One important way for your teen to prepare for college entrance tests is to read every day.
- 19. Be on the lookout for responsible behavior from your teen. When you see it, offer a compliment.
- 20. Have your teen estimate the tax on a purchase.
- 21. Develop codes your teen can use to ask you for help in difficult situations. "I forgot my bag," could mean, "Please come get me now."
- 22. Let your teen pick a screen-free game for you to play together, such as cards, charades, a board game.
- 23. Teach your teen that "A goal is a dream with a deadline."
- 24. Avoid criticizing your teen unnecessarily. If a situation is unlikely to come up again, let it go.
- 25. Read a short story aloud with your teen.
- 26. Keep devices out of your teen's bedroom at night. Your student should be sleeping, not texting or scrolling.
- 27. Talk to your teen about the importance of thanking people for gifts or help. Thank-you notes are great writing practice, too!
- 28. Prepare an old family recipe with your teen. Or, have your teen pick a favorite dish to prepare together, and write the recipe down for future.
- 29. Is your teen planning a party? Limit the guest list. Be present. Walk through the party occasionally, offering snacks.
- 30. Together, brainstorm a list of things your teen learned in 2024.
- 31. Have your teen create a time line of this past year.