

Daily Learning Planner

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

Cumberland County Schools



THE
PARENT
INSTITUTE®

January 2025

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

1. With your child, read the label on a food your family eats regularly. What nutrition does it provide? How much sugar is in it?
2. Talk with your child about the importance of telling an adult when a person is being bullied.
3. Help your child look around your home for things that come from plants (food, clothing, wooden items).
4. Plan an indoor campout. Make a tent from a blanket. Eat s'mores and read scary stories.
5. Make a chore chart together. List chores your child is responsible for and when they should be completed.
6. Discuss people your child admires. Ask why your student admires them.
7. Hold a family meeting. Discuss everyone's recent achievements.
8. When you watch TV or videos together, ask your child questions: "Was what that person did a smart idea?" "What would you have done?"
9. Today's news is history in the making. Watch the news with your child.
10. With your child, make a list of favorite activities you did together last year. Schedule time on the calendar to do some again this year.
11. Ask your child to read to you while you cook.
12. Notice trees with your child. Which are *evergreen*? Which are *deciduous* (trees that shed their leaves)?
13. What skill would you and your child like to learn? Look for a how-to book or an online video.
14. Ask your child to give you a news report about the school day today. What's the lead story?
15. With your eyes shut, take turns with your child describing the sounds you hear.
16. Start a family savings jar. Decide together on what the goal will be and how each person will contribute.
17. After dinner, have a family sing-along. Ask family members to share their favorite songs.
18. Allow a few minutes after the light is off at bedtime for quiet conversation with your child.
19. Challenge your child to write a poem or story from the point of view of a tree.
20. Make a crossword puzzle to help your child review vocabulary words.
21. Challenge your child to invent a delicious drink, such as "banana hot chocolate."
22. Take a book along when you go places with your child. Read together while waiting for the bus or at the doctor's office.
23. Ask your child to help you organize something, such as a closet.
24. At the grocery store, have your child estimate how many apples are in two pounds. Use the scales to check.
25. Watch a nature program with your child.
26. Choose a recipe from another country or culture. Prepare it together.
27. Demonstrate how to take your child's pulse. Have your child jump up and down 15 times and take it again. Has it changed?
28. Ask your child, "How can people learn from their mistakes?"
29. Help your child write a letter to a favorite living author.
30. Decide on a location anywhere in the world. Take turns with your child telling one thing you would like to see there.
31. When planning your child's activities, remember that kids need plenty of downtime to think, imagine and play.