

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. Practice estimating distances with your teen. How many miles away is school? The store? Then, check to see how close your estimates were.
- 2. Memorize something with your teen today. Try a poem or a quotation.
- 3. Tell your teen why you value your education—or why you wish you'd learned more.
- 4. Remember that the key to getting your teen's respect is showing your teen respect.
- 5. Encourage your teen to keep a daily to-do list.
- 6. Talk with your teen about mistakes. How can people learn from their mistakes?
- 7. Do your "homework" alongside your teen—pay bills, do chores or read.
- 8. When you set rules for your teen, also establish consequences for breaking them, so your teen knows what to expect.
- 9. Ask your teen, "If you could be the first one to do something, what would it be?"
- 10. Choose a letter from an advice column. Read it aloud. Ask family members to take a turn being the advice columnist.
- 11. Plan to attend a performance or game at school with your teen.
- 12. Put grades into perspective. Teach your teen that they matter, but that learning is what is really important.
- 13. Have a geography challenge at dinner. Who can name the most countries?
- 14. Encourage your teen to keep a list of personal and academic accomplishments.
- 15. Make sure your teen has some downtime. Being a teen can be stressful.
- 16. Show your teen how to read nutrition labels.
- 17. As a family, learn about holidays around the world. Together, invent a new holiday to observe.
- 18. Is your teen getting enough exercise? Take a brisk walk together today.
- 19. Charge laptops and phones outside of your teen's bedroom at night. Teens should be sleeping, not texting or browsing social media.
- 20. Help your teen use small chunks of time as opportunities to study or review.
- 21. Help your teen bake cookies today. Review math skills by doubling the recipe.
- 22. At dinner, have each family member say something nice about every person at the table.
- 23. Be on the lookout for things your teen does right. Praise good behavior and successes.
- 24. Take a walk with your teen and use all five senses to observe the world around you.
- 25. Teach your teen to change a tire. It's a skill all teens should have.
- 26. Help your teen explore post-high school education options, such as four-year college, community college, trade and technical schools.
- 27. Make an appointment with your teen to do something fun. Write it on your calendar.
- 28. As a family, make a list of all the things that make you thankful.
- 29. Read a textbook assignment with your teen. Ask, "Can you summarize it in your own words?"
- 30. Declare this an Acts of Kindness Day. Make a special effort to be kind to each other. It may become a habit!