

Daily Learning Planner

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

Cumberland County Schools



THE
PARENT
INSTITUTE®

November 2023

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

- 1. Discuss international events at dinner. How might they affect life here?
- 2. Keep talking about school. Every day, ask what your teen is learning.
- 3. Have a reading dinner. Let each family member bring a book to the table to tell everyone about.
- 4. Encourage your teen to draw a self-portrait.
- 5. Ask your teen, "What did you do that made you feel proud today?" Emphasize that the little things count.
- 6. Point out examples of prejudice to your teen. Talk about ways to deal with intolerance.
- 7. Is your home "teen friendly"? Ask your teen what you could do to make it a place where friends would want to spend time.
- 8. Make tonight Teen's Night in the Kitchen. Your teen will learn to cook, communicate and cooperate.
- 9. Teens can prepare for some jobs while in high school. Check out the school's career training courses.
- 10. Remind your teen that everyone makes mistakes. It's what they do next that matters.
- 11. Find an interesting word in the dictionary. Challenge the entire family to use it as often as possible today.
- 12. Is your teen having a issue at school? Together, brainstorm ways your student could solve it—without your help.
- 13. Ask what excites your teen most about the future.
- 14. Ask your teen to tell you some of the things you've done together that were particularly enjoyable. What would your student like to do again?
- 15. Discuss the dangers of substance abuse. Counterfeit drugs, for example, may contain fentanyl, which can kill the first time it is used.
- 16. Choose a number, then have your teen list things that come in that number.
- 17. When you hear your teen's morning alarm, walk past and say "Good morning." An upbeat mood is contagious.
- 18. Have everyone in the family spend 30 minutes cleaning up the house. Many hands make light work.
- 19. Look at art with your teen, in person, online or in a book. Which artists or styles does your student prefer? Why?
- 20. Help your teen create a monthly budget. Discuss the need to plan for unexpected expenses.
- 21. Encourage your teen to use graph paper when working with columns of numbers. It helps reduce errors.
- 22. Look for books that match your teen's interests. Bring some home from the library.
- 23. Make a list of all the things that make your family members thankful.
- 24. Encourage your teen to take pictures at a family outing.
- 25. Compliment something about your teen's appearance today.
- 26. If you're making a major purchase, ask your teen to research the best brands and prices.
- 27. Talk with your teen about a choice you have made. Then talk about the consequences of that choice.
- 28. Resist labeling your teen (Jordan is the shy one). Kids tend to live up to roles cast for them by their families.
- 29. Look for a volunteer activity you can do as a family.
- 30. Avoid paying your teen compliments that really aren't—"You'd be great if only ..."