

# Daily Learning Planner

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

Cumberland County Schools



THE  
**PARENT**  
INSTITUTE®

## October 2021

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

- 1. Talk with your teen about privacy. She should never tell friends the passwords to her social media sites or her phone.
- 2. Ask your teen why he thinks terrorists take part in violent acts against people. Listen, then share your thoughts and discuss peaceful options.
- 3. Help your teen find books on her special interests.
- 4. Write an encouraging note to your teen and leave it on the dinner table.
- 5. If your teen challenges you, try to stay calm. Take a break. Talk when you're in control.
- 6. Ask your teen's advice about a problem you are facing.
- 7. Suggest your child read a biography of a person he admires.
- 8. Does your teen have assignments to do over the weekend? Make sure she schedules time to complete them.
- 9. Read an advice column with your teen. Write down your own answers to the questions, and then trade and discuss.
- 10. Share stories with your teen that convey your values and your family's history.
- 11. Talk about world events at dinner.
- 12. Is your teen shy? Encourage him to seek out someone who looks ill at ease, smile and start up a conversation.
- 13. Does your teen object to a rule? Give her three minutes to state her case.
- 14. After your teen takes notes, suggest that he draw a picture or diagram to illustrate them. This can boost his memory of the material.
- 15. Avoid compliments that really aren't: "You'd be great if only ..."
- 16. Allow your teen to take over some life-management tasks. Let her make her medical appointments, etc.
- 17. What would your teen change if he had a magic wand?
- 18. Does your teen have a long-range project to do? Have her break it down into parts and make a schedule for completing them.
- 19. Play a board game with your teen.
- 20. Is your teen facing a school problem? Before you jump in, have him brainstorm ways to solve it—without your help.
- 21. Teens often don't know much about nutrition. Show your teen how to read nutrition labels.
- 22. Make tonight Teen's Night in the Kitchen. Your teen learns cooking skills—and you get a break.
- 23. Eat breakfast with your teen. Each of you talk about your five-year goals.
- 24. Does your teen study well with others? If so, let her start a study group that meets in person or online.
- 25. Put on some music and sing with your teen.
- 26. Teens need to have a say in their day-to-day lives. Let your teen make some decisions and live with their outcomes.
- 27. Remind your teen that it's easier to memorize several short lists than one long one.
- 28. Teach your teen to trust his gut. If he thinks a situation may get out of hand, he should avoid it.
- 29. Keep books and magazines by the microwave to encourage reading.
- 30. Have everyone in the family spend a half hour cleaning up your home. Many hands make light work.
- 31. Encourage your teen to take pictures at a family outing.