

Daily Learning Planner

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

Red Creek School District



THE
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March 2023

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

- 1. Show your teen how to read nutrition labels.
- 2. Acting out historical events can bring history to life for your teen.
- 3. Encourage community service. Some teens enjoy making greeting cards for nursing home residents, for example.
- 4. Teens who read regularly earn the highest grades. Maintain a regular reading time for the entire family.
- 5. Together, watch a movie your teen loved at a younger age. What does your student notice now that slipped by before?
- 6. Teens need a say in their day-to-day lives. Review a few of your household rules together.
- 7. Talk with your teen about ways to promote safety at school, such as making new students feel welcome and part of the community.
- 8. Make plans to do something together with the family of one of your teen's friends.
- 9. Turn a mistake into a learning opportunity. Instead of criticizing, ask your teen, "What have you learned from this?"
- 10. Ask your teen: "If you were to write a novel, what would it be about?"
- 11. Plan a Family Night In. Read or play board games.
- 12. Enjoy some physical activity as a family today.
- 13. Many colleges offer summer programs for high schoolers. Help your teen start gathering information now.
- 14. Have your teen teach you a concept in an assignment. It's a great way to reinforce learning.
- 15. Ask your teen, "What can you do now to become who you want to be?"
- 16. Think your teen is too old for reading aloud? Try taking turns. Or listen to audiobooks together.
- 17. Teens don't always think ahead. Offer reminders about things that are coming up.
- 18. Browse through the nonfiction section at the library with your teen. Check out one book of interest for each of you.
- 19. Take turns with your teen naming the most memorable news events of your lifetimes. Discuss the effects they had on each of you.
- 20. Before a test, have your teen start each study session from a different place in the class notes.
- 21. Try not to interrupt your teen during study time.
- 22. Ask your teen to organize family photos in an album and write captions.
- 23. Every day, ask what your teen is doing and thinking about in school.
- 24. When your teen earns new freedoms, agree on expectations, limits and consequences.
- 25. Criticizing your teen's friends may make your teen feel defensive. Instead, ask questions like "How do you feel when Jamie does that?"
- 26. Say often that you believe your teen can succeed, in school and in life.
- 27. Encourage self-evaluation. How does your teen rate performance in school so far?
- 28. Mention how something you studied in school has helped you at work.
- 29. Ask your teen to try a new creative activity, like writing a song.
- 30. Point out the links between what your teen is learning and real-world activities your teen enjoys.
- 31. At dinner, share a wish or a dream with your teen.

April 2023

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- 1. Ask your teen to help you develop a new family tradition.
- 2. Want your teen to get more involved? Set an example by joining a club or group that interests you.
- 3. Look for the positive in your teen and celebrate it. At dinner, make a special toast in your teen's honor.
- 4. If your teen gets headaches, squints or holds books too close, schedule a vision check-up.
- 5. Brainstorm ways your family could help beautify your neighborhood.
- 6. In areas where your teen struggles, focus more on progress than grades.
- 7. Offer to help your teen make a study schedule.
- 8. Remind your teen that big goals can't be achieved in a day. But your teen can take actions to reach them, one step at a time.
- 9. Check with a school counselor. Is your teen on track to graduate and apply to colleges? If not, what needs to happen?
- 10. Ask your teen to estimate how far your car can drive on three quarters of a tank of gas.
- 11. Ask your teen to help plan a family outing.
- 12. Encourage your teen to greet teachers at the beginning of class. Making contact can help students feel connected to what's going on.
- 13. Make sure your teen's free time includes screen-free time for exercise, in-person conversations and creative thinking.
- 14. Explain that responsibility is more than just fulfilling commitments. It also means saying *no* when your teen can't handle one more thing.
- 15. When your teen has something to memorize, suggest breaking it into several short lists instead of one long list.
- 16. Declare this an Acts of Kindness Day. Make a special effort to be kind to each other.
- 17. Take advantage of time in the car with your teen to talk privately without interruption.
- 18. Have your teen solve silly math problems, such as "How many hours until summer vacation?"
- 19. Ask, "If you could be the first to do something, what would it be?"
- 20. Model coping skills when you face your own letdowns. "I'm disappointed. I'm going to think of other ways to approach this."
- 21. Watch a TV program about the arts with your teen.
- 22. With your teen, brainstorm about ways your family can lower gas, electric or water usage at home.
- 23. Encourage your teen to look up answers to questions that come up in family conversations.
- 24. Allow your teen some privacy. By providing privacy, parents demonstrate respect.
- 25. Remind your teen that classwork and assignments count just as much in the last quarter as they did in the beginning of the year.
- 26. Help your teen recognize how good it feels to do a good job.
- 27. Encourage your teen to make schoolwork legible.
- 28. Reinforce the idea that while doing the right thing may be hard in the moment, it makes things easier in the long run.
- 29. Encourage your teen to take positive school risks, such as signing up for a rigorous course or trying out for a team.
- 30. Read a book with your teen.

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May 2023

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- 1. Put your teen in charge of the next family birthday celebration.
- 2. Discuss the importance of self-respect. No one should have to be embarrassed or hurt to join a group or make friends.
- 3. One easy way to spend time with your teen is by offering a casual invitation: "Would you go on an errand with me?"
- 4. Don't use screen time as a reward or punishment. It will make it seem even more important to your teen.
- 5. Encourage your teen to interview an older relative about his or her life.
- 6. Point out news items about engineering and scientific breakthroughs and the people that make them.
- 7. Cook dinner with your teen. Together, brainstorm ways to add more vegetables to something you're preparing.
- 8. An "I don't care" attitude may be hiding the fact that your teen needs help in a class.
- 9. Discuss the ways people show their character through their choices.
- 10. Encourage your teen to take responsibility for schoolwork. Offer only one reminder about assignments that need doing.
- 11. Tell your teen to set a timer when doing boring tasks. Trying to "beat the clock" turns chores into fun challenges.
- 12. Encourage your teen to ask, "Why is this here?" when looking at a photo, graph or chart in a text.
- 13. Talk about ways your teen could get more sleep.
- 14. Help your teen prepare a résumé. It will come in handy when filling out summer job applications.
- 15. Suggest writing to-dos on sticky notes to get organized.
- 16. Ask your teen to guess which ingredients or vitamins are in a food. Then check the label.
- 17. Help your teen make flash cards to study for final exams.
- 18. Take a walk on a clear night and look at the sky. Can your teen pick out any constellations?
- 19. Make sure your teen has some kind of savings plan.
- 20. Take your teen to the library to browse for appealing summer reading.
- 21. Is your teen a new driver? Review the rules of the road.
- 22. Allow your teen to choose when and where to study. Grades will tell you both whether the choices are working.
- 23. Encourage your teen to proofread slowly. Our eyes tend to fill in missing letters or words.
- 24. Help your teen maintain momentum. A simple "How's the project going?" or "Almost there!" can motivate students to keep going.
- 25. Poor reading skills are a leading reason teens drop out of school. If your teen has trouble reading, ask a school counselor how to get help.
- 26. Teach your teen to trust gut instincts. If a situation seems like it may get out of hand, your teen should avoid it.
- 27. Review time-management skills, like breaking big projects down into small parts.
- 28. Planning a move? See if your teen can visit the new school for a day.
- 29. Ask your teen to take pictures at a family outing.
- 30. Expect your teen to attend school every single day until the last day of school.
- 31. Laugh with your teen about a mistake you made.

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