

# Daily Learning Planner

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

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INSTITUTE®

September • October • November 2022

## September 2022

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

- 1. It's Library Card Sign-Up Month. Visit the local public library together and help your child sign up for a card.
- 2. Find a new word in the dictionary. Challenge each family member to use it in conversation three times today.
- 3. Discuss ways your family's rules about social time and screen time will change now that summer is over.
- 4. Ask your child to report on an event in today's newspaper at dinner.
- 5. Think of tough situations your child may face. Role-play them together.
- 6. The middle school years can be stressful. Make sure your child's schedule includes some time to relax.
- 7. Consider subscribing to a magazine your child might enjoy reading.
- 8. Make up trivia questions about your family. Quiz one another at the dinner table.
- 9. Look through baby photos of your child together. Talk about all the things your student has learned since then.
- 10. Make your child's favorite breakfast as a morning surprise.
- 11. Review school rules and policies together. Expect your child to follow them.
- 12. Remind your child that there are no stupid questions. Students who really want to learn should ask questions in class.
- 13. Keep a map or globe visible in your home. Encourage your child to locate places that are mentioned in the news.
- 14. Eliminate distractions during homework and study time. All devices not needed for schoolwork should be off!
- 15. Plan a family outing for the weekend. Let your child invite a friend.
- 16. Encourage your child to take healthy risks at school, such as tackling a new challenge or trying out for a play.
- 17. Ask about your child's hopes for the future. Listen carefully and ask follow-up questions to encourage deeper thinking.
- 18. Do you have nutritious after-school snacks on hand? Let your child help pick them out.
- 19. Have your child do a weekly backpack clear-out on Sundays and start the week organized.
- 20. Say often that you know your child can succeed.
- 21. Ask about your child's hardest school subject. What does your student think might make it easier?
- 22. Encourage your child to take responsibility for completing assignments on time. Offer only one reminder each day that it is homework time.
- 23. Talk together about something you love and admire about your child.
- 24. At the grocery store, have your child estimate how many apples are in two pounds. Use the scales to check.
- 25. As a family, create a routine that will make mornings run smoothly.
- 26. Have your child tell you about the assignments that are due this week.
- 27. Show interest in your child's musical tastes. Listen to a favorite song together. What does your child like about it?
- 28. Mention something you are glad you learned recently. This shows your child that you value education and that learning is a lifelong activity.
- 29. Social media makes it easy to hurt someone. Make it clear that it's not OK post things that your child wouldn't say to someone's face.
- 30. Adolescents can be moody. Pick your battles, but do not tolerate disrespect.

# October 2022

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- 1. Plan to get some exercise with your child every day this month.
- 2. Ask your child which class has turned out to be more interesting than expected. What makes it interesting?
- 3. Who does your child admire? Suggest that your student write a letter to that person.
- 4. Set a technology curfew. Digital devices must be turned off for the night at a certain time.
- 5. Together, make a time capsule of family mementos. Plan to open it in five years.
- 6. Look for quotations that will motivate your child. Post them on the bathroom mirror.
- 7. Encourage your child to study a foreign language.
- 8. What are your child's special interests? Together, look in the library catalog for books and magazines about these topics. Check some out.
- 9. Try an unusual-looking fruit or vegetable with your child.
- 10. Remind your child how important it is to turn in work. Just one zero can bring down a grade an entire letter.
- 11. Do you compliment your child more than you criticize? Strive to make compliments outweigh criticisms three to one.
- 12. Consider setting a minimum study time. This can prevent rushing through assignments.
- 13. Issue a challenge: Can your child add two four-digit numbers on paper before you can do it with a calculator?
- 14. Does your middle schooler need more responsibility? More time to talk? More privacy? Ask what your child thinks.
- 15. Teach your child a game involving strategy, such as chess.
- 16. Encourage your child to find out when teachers are available to answer questions or give extra help.
- 17. Does your child hate to lose? Make it clear that effort is more important than winning.
- 18. Remember that the key to getting your child's respect is showing your child respect.
- 19. Discuss the importance of laws with your child. What if there were none? What happens if they are ignored?
- 20. Spend a few minutes talking with your child at bedtime. This is a relaxing time for conversation.
- 21. Discuss a controversial issue with your child. Ask, "What do you think?"
- 22. Take a walk with your child and use all five senses to observe the world around you.
- 23. Play board or card games as a family tonight.
- 24. Call out words from the dictionary during dinner. Take turns trying to spell or define them.
- 25. Talk about important health topics with your child, such as sex and substance abuse.
- 26. Getting kids to talk can be hard. It helps to ask specific questions.
- 27. When your child is studying for a test, set a timer for 10 minutes. Many short reviews are better than one long one.
- 28. Encourage your child to read during quiet times at home. Before bed is a perfect time to read.
- 29. Let your child pick some favorite family photos to put on display.
- 30. Do a crossword puzzle together.
- 31. Together, donate time to a cause that you and your child care about.

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- 1. Discuss who you and your child would want to meet if you could meet anyone, and why.
- 2. Don't use technology time as a reward or punishment. It will make it seem more important to your child.
- 3. Help your child set a learning goal and plan specific ways to reach it.
- 4. Ask, "What do you wish we did differently at home?" Be open to your child's suggestions.
- 5. Teach your child to take on a new responsibility, such as doing laundry.
- 6. Ask a question about a topic that your child loves to talk about.
- 7. What is your child's favorite thing to do? Make plans to do it together.
- 8. Avoid using problems with schoolwork as an excuse to criticize or argue about other issues.
- 9. Middle schoolers understand some sophisticated jokes. Try using puns and wordplay with your child.
- 10. When your child tells you something important, restate it to confirm that you understood.
- 11. Help your child take advantage of small chunks of time to study or review.
- 12. Take your child to a local museum or historic site. Learn something new about your hometown.
- 13. Ask what your child is looking forward to in the coming school week.
- 14. Let your child quiz you about the information in a homework assignment. Thinking up questions helps students learn.
- 15. It's Geography Awareness Week. Can your child fill in the states' names on a blank United States map? Find one at: [geoalliance.asu.edu/maps](http://geoalliance.asu.edu/maps).
- 16. Ask your child, "If you could change one thing about the world, what would it be?"
- 17. Some middle schoolers are embarrassed by affection in public. But they still like hugs at home!
- 18. Focus on setting a good example. Your child learns more from your actions than your words.
- 19. Help your child bake cookies today. Review math skills by doubling the recipe.
- 20. Middle schoolers need time alone with their thoughts and feelings. Suggest activities your child can do alone.
- 21. Encourage your child to ask at least one question in class each day.
- 22. Talk with your child about the difference between goals and dreams. A goal is a dream with a deadline.
- 23. When your child misbehaves, use a consequence that teaches rather than punishes.
- 24. Ask your child to think of as many *adjectives* as possible to describe something, such as the weather.
- 25. Choose a book that you and your child can both read and discuss.
- 26. Turn on lively music during chore time. Sing and move with your child while you work.
- 27. Enjoy some physical activity outdoors as a family.
- 28. Power struggles don't work with middle schoolers. Too much parental control causes rebellion.
- 29. When your child talks, show you are listening by making eye contact.
- 30. Encourage your child to care for belongings. Children who lose items through carelessness should be responsible for replacing them.

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