Middle School

Daily Learning Planner

Ideas families can use to help students do well in school



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. Help your child set a school-related goal. Write down the goal and the steps your student will take to reach it. Post in a visible spot.
- ❍ 2. Teach your child to record all activities, events, test dates and project due dates on a family calendar.
- ❍ 3. Role-play meeting new people together. Help your child practice smiling and making eye contact when saying hello.
- ❍ 4. Explain that learning often takes effort, and that you expect your child's best effort on schoolwork.
- ❍ 5. Help your child decide how to organize notebooks and folders (paper or online) to make finding handouts, schoolwork and tests easier.
- ❍ 6. Establish a digital curfew. Devices should be turned off at least one hour before your child's bedtime.
- ❍ 7. Have your child clean out school bags each weekend.
- ❍ 8. Learn about school events for families. Make plans to attend at least one.
- ❍ 9. Ask your child to play a favorite song for you. Then, play a song you loved at your middle schooler's age.
- ❍ 10. Ask your child questions about the school day. "What was the topic in math class today?" "Who did you sit with at lunch?"
- ❍ 11. Have your child keep an "emotions" journal. When and why did strong feelings occur? How did your child handle them? What happened?
- ❍ 12. Encourage your child to keep paper handy when reading. Your student can jot down unfamiliar words and look them up later.
- ❍ 13. Show your child that you value education by talking about something you learned recently.
- ❍ 14. Ask your child's opinion about something.
- ❍ 15. Have your child research the state flag. What do its elements represent?
- ❍ 16. Reduce distractions during study time. Have your child turn off the TV, loud music and any devices not needed to complete schoolwork.
- ❍ 17. Give your child a new responsibility. Say how proud you are that your middle schooler is mature enough to handle it.
- ❍ 18. Peer pressure can be positive. Encourage group activities like sports and volunteering.
- ❍ 19. Discuss social media use with your child. Review privacy settings, and talk about what is appropriate to post and what's not.
- ❍ 20. Ask your child to tell you about the similarities and the differences among this year's classes.
- ❍ 21. Have family members take funny photos of each other. Ask your child to write captions.
- ❍ 22. Let your child see you reading regularly for pleasure as well as for information. This teaches that reading is important and fun.
- ❍ 23. Discuss each day's assignments with your child.
- ❍ 24. Have your child teach you something that might be on the next test. It's an effective way to reinforce learning.
- ❍ 25. Display a world map. Have your child look up places in the news.
- ❍ 26. Encourage your child to find out when teachers are available to answer questions or give extra help.
- ❍ 27. Make today dictionary day. Talk with your child about new words that should be in the dictionary.
- ❍ 28. Together, make a time line of your child's life.
- ❍ 29. Ask family members to pick one bad habit they'd like to replace with a better one. Practice the new habit for several weeks to help it "stick."
- ❍ 30. Play a board game with your child.

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