

# Daily Learning Planner

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

Federal Programs / CTAE  
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THE  
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### Daily Learning Planner: Ideas Families Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- 1. Teach your child how to prepare some nutritious after-school snacks.
- 2. Set aside some time to spend one-on-one with your child today.
- 3. Help your child make a personal dictionary of newly learned words.
- 4. Watch or read the national weather forecast together today. Help your child locate the hottest and the coolest locations on a map.
- 5. Have your child write directions for making a sandwich. Follow them exactly.
- 6. Play Alphabet Mixup. Choose a word and put the letters in alphabetical order. Can your child figure out the word?
- 7. Look for a news story that interests your child. Together, learn more about it.
- 8. Trace your child's hand on paper. Ask, "Can you think of ways to be a helping hand?" Write your child's ideas on the drawing.
- 9. Ask family members to write down two positive things about each member of the family. Read your lists aloud at dinner.
- 10. Choose books to read together that you and your child can both enjoy.
- 11. Watch a TV show or video with your child. Talk about decisions the characters made. What would your child have done?
- 12. When you're in the store, ask your child to figure how much sales tax you will be charged.
- 13. Challenge your child to invent something that will make life easier.
- 14. Play a game of charades with your child. Use hand gestures and motions to describe your word.
- 15. Have all family members pitch in for a half-hour "blitz" of house cleaning. It teaches children that they share in family responsibilities.
- 16. Let your child pick a country. Look for recipes from that country and prepare one together.
- 17. Watch the news with your child. Choose a Person of the Week. Read more about that person.
- 18. Demonstrate how to check your child's pulse. Then, have your student jump up and down 15 times and take it again. Has it changed?
- 19. Ask your child, "What is your favorite sport? What do you like about it?"
- 20. Create a word search. Hide words in a grid and surround with random letters. Let your child find the words.
- 21. Talk together about ways to say *no* to friends who ask your child to do something that is against the rules or feels wrong.
- 22. Have a device-free evening. Read or play games as a family instead.
- 23. Talk with your child about mistakes. Explain that learning from mistakes makes people smarter.
- 24. Talk with your child about a choice you've made and the consequences of that choice.
- 25. Ask your child to name places where water is found.
- 26. Look at family pictures and tell your child some family stories.
- 27. Make a list of all the things that make your family thankful.
- 28. Challenge your child to replace the adjectives in a printed ad with their opposites.
- 29. Read a book with your child about your town, state or region.
- 30. Ask your child, "What things have you done in your life that you are proud of?"