

# Daily Learning Planner

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

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THE  
**PARENT**  
INSTITUTE®

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

- ☐ 1. Ask your child to explain a homework assignment to you.
- ☐ 2. Have your child play a favorite song. Listen to the lyrics and discuss what you hear.
- ☐ 3. Challenge your child to run a 30-yard dash. Time her. Encourage her to keep practicing to improve her time.
- ☐ 4. Talk about stereotypes with your child. Discuss why they're unfair.
- ☐ 5. Ask your child to tell you about the historical figures he is studying in school.
- ☐ 6. Discuss an international news event with your child. How could it affect this country?
- ☐ 7. Talk about one of your values. Parents' opinions *do* matter to kids.
- ☐ 8. Tell a story about yourself when you were your child's age.
- ☐ 9. Go to the library with your child. Each of you check out a book.
- ☐ 10. At the grocery store, have your child estimate how many apples are in two pounds. Use the scales to check.
- ☐ 11. Let your child help you research a major family purchase. List important features and ask your child to find the best deal.
- ☐ 12. Talk to your child about bullying. Has she ever been bullied at school? Online? Has she ever bullied someone?
- ☐ 13. Ask your child to think of several places where he would like to volunteer. Have him call to ask for information from each.
- ☐ 14. Help your child use small chunks of time to study or review.
- ☐ 15. Ask your child how she decides who her friends will be.
- ☐ 16. Make today a device-free day. Put your child in charge of thinking of alternate activities.
- ☐ 17. Give your child some graph paper to use in math class. It helps students keep columns of numbers neat.
- ☐ 18. Learn a tongue twister. At dinner, challenge everyone to repeat it three times fast.
- ☐ 19. Does your child use Snapchat, Twitter, Instagram? Discuss appropriate social media use. Monitor your child's posts often.
- ☐ 20. Review what your child should do in case of a fire in your home.
- ☐ 21. Together, list ideas for a delicious new flavor of ice cream.
- ☐ 22. Talk with your child about how each of you could improve your listening skills.
- ☐ 23. Play a memory game with your child. Try to remember the things you each did the day before yesterday.
- ☐ 24. Have your child spend 10 minutes at night preparing for the next day.
- ☐ 25. Choose a movie based on a book. Read the book as a family, then watch the film.
- ☐ 26. Establish times when texting is not allowed, such as during meals.
- ☐ 27. Ask your child what he thinks high school will be like.
- ☐ 28. Give your child a newspaper article. Have her circle all the adjectives.
- ☐ 29. Encourage your child to make daily to-do lists. When he completes each item, he should check it off.
- ☐ 30. Avoid power struggles with your middle schooler. Too much parental control can cause rebellion.

## Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School

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