

Daily Learning Planner

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

Region 16 ESC Title III SSA



THE
PARENT
INSTITUTE®

December • January • February 2020-2021

December 2020

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

- 1. Find out about virtual or in-person school events for families this month and make plans to attend at least one.
- 2. See how many ways your child can make change for one dollar using different combinations of coins.
- 3. Ask your child to tell you about the similarities and the differences between her classes.
- 4. Don't use screen time as a reward or punishment. It will make it seem even more important to your child.
- 5. Bake cookies with your child. If you're doubling a recipe, have him do the math.
- 6. Talk about ways your family can help others this holiday season.
- 7. Ask your child, "Is there anything you wish you knew more about?" Then research the topic together.
- 8. Tell your child that effort is more important than ability when it comes to success.
- 9. Make a family time capsule. Ask each family member to put in two items that have special meaning. Plan to open the capsule in 10 years.
- 10. Play Alphabet Mix up. Choose a word, then rearrange the letters in alphabetical order. Can your child figure out the word?
- 11. Exercise your child's memory. Can she tell you what she ate yesterday? The day before?
- 12. Remind your child to use you as a scapegoat if necessary: "Sorry, I can't. My mom says I need to stay at home."
- 13. Don't feel the need to fill every minute with your child with talk. Silence can speak louder than words.
- 14. Talk about stereotypes with your child. Discuss why they're unfair.
- 15. At dinner, ask everyone to write down two positive things about each member of the family. Don't forget to include yourself.
- 16. Social media makes it easy to hurt someone. Tell your child not to post anything he wouldn't say to someone's face.
- 17. Challenge your child to wrap a package behind her back.
- 18. Write your child's name in a vertical column. Have him use each letter to begin a line of a poem.
- 19. Divide a deck of cards between you and your child. Each of you turn over one card. Whoever correctly multiplies the cards first wins them.
- 20. Encourage your child to compare prices and return policies before buying something.
- 21. Let your child see you reading for pleasure often.
- 22. Ask your child to tell you what the word *integrity* means to her.
- 23. Start a jigsaw puzzle together.
- 24. Have your child wet two mirrors and place them together, then try to get them apart. Cohesion of water molecules is strong.
- 25. Write your child a letter about how wonderful you think he is.
- 26. Spend some extra one-on-one time with your child today.
- 27. Ask your child, "What do you think you might like to study in college?"
- 28. Get some exercise with your child—it may lead to some interesting conversation.
- 29. Tell a story as a family. Take turns adding sentences.
- 30. Choose a number, then have your child list all the things she can think of that come in that number.
- 31. Together, list some of your child's accomplishments in the past year.

January 2021

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

- 1. Help your child set—and write down—goals for the coming year. Set some goals for yourself, as well.
- 2. Don't criticize your body in front of your child. Instead, talk about being healthy and strong.
- 3. Challenge each member of your family to learn something new this week. Plan a date when everyone will share what they have learned.
- 4. Listen to a piece of music that has no lyrics. Have your child write his own words to the song.
- 5. Ask your child to make a graph of family habits. How long does each person sleep? Who reads the most?
- 6. Talk with your child about ways each of you could improve your listening skills.
- 7. Promote healthy risk-taking to boost confidence. Applaud your child when she tackles a new challenge.
- 8. Together, watch a movie based on a book your child has read. How are the versions similar or different?
- 9. Serve your child breakfast in bed as a special treat.
- 10. Play a game that builds math and thinking skills, such as cards, dominoes or chess.
- 11. Help your child find a book in a series to read. If he likes the first one, there will be more!
- 12. Establish times when texting is not allowed, such as during mealtimes and in the car.
- 13. Together, think of *homophones*—words that sound alike, but mean different things (for example, *wail* and *whale*).
- 14. Say a sentence. Ask your child to classify it as *fact* or *opinion*.
- 15. Attendance is important. Allow absences from class only in cases of illness or emergency—not to catch up on homework or sleep.
- 16. Challenge your child to write an advertisement for a product she uses.
- 17. Put on a family talent show.
- 18. Limit interruptions during your child's homework time.
- 19. Teach your child to read a road map.
- 20. Talk with your child about the dangers of substance abuse. Trying an illicit drug just once is still abuse.
- 21. Give your child a genuine and specific compliment today.
- 22. Mention something you learned recently. This shows that education is a lifelong activity.
- 23. When shopping, give your child a calculator. Can he use math to help you find the best deals?
- 24. Take a brisk walk as a family today.
- 25. If your child's mind wanders when she studies, suggest that she jot down quick reminders of her thoughts, then go back to studying.
- 26. Limit drinks with caffeine at night. They can deprive your child of needed sleep.
- 27. Ask your child to choose a recipe to follow from a cookbook.
- 28. Teach your child to ask *who, what, when, where, why* and *how* when doing research.
- 29. Remind your child that cheating is lying, and it is *always* wrong.
- 30. Ask your child to add two four-digit numbers. Can he figure it out on paper before you can with a calculator?
- 31. Encourage your child to take photos during a family outing.

Copyright © 2020 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by *Parents still make the difference!*® and *Helping Students Learn*® newsletters • 1-800-756-5525

February 2021

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

- 1. Play your child's favorite board game with her tonight.
- 2. Remind your child how important it is to turn in work. Just one zero can bring down a grade an entire letter.
- 3. When you watch TV with your child, mute the commercials. Ask your child to make up a silly voiceover.
- 4. Help your child think about the snacks he eats. Could he make some healthier choices?
- 5. Talk with your child about what life was like 15 years ago.
- 6. Have your child write a Valentine's message to someone who is sick or lonely. Mail it to that person.
- 7. Ask your child to tell you about a school event that she is looking forward to right now.
- 8. Have your child quiz you about a homework assignment. Thinking up questions will help him learn.
- 9. Ask your child to tell you the kindest thing anyone has ever done for her.
- 10. Help your child see that he can't control others, but he can control how he reacts to others.
- 11. Listen to some classical music with your child.
- 12. Make an "at least one-a-day" rule: Family members will eat at least one meal together every day.
- 13. Help your child download an audiobook you can listen to together. Many are available for free from public library websites.
- 14. Memorize something with your child today. Try a poem or a quotation.
- 15. Help your child use small chunks of time to study or review.
- 16. Remind your child that there are no stupid questions. If he really wants to learn, he should ask questions in class.
- 17. When shopping with your child, have her practice rounding prices to the nearest dollar.
- 18. Think about your expectations of your child. Ask him if there's a new responsibility he thinks he could handle.
- 19. Does your child have homework to do this weekend? Make sure she schedules time to complete it.
- 20. Think of someone you and your child admire. Post that person's picture in your home.
- 21. Show your child how to break large assignments into small parts.
- 22. Start a list of places your family would like to visit someday. Have your child research and collect information about these places.
- 23. Make thumbprint cartoons with your child. Use an ink pad and make prints of your thumb and fingers. Add features to create characters.
- 24. Notice whether your child is completing homework on time. Praise his responsibility.
- 25. Ask your child what she likes most about each of her classes.
- 26. Practice the art of compromise. Negotiate with your child about something you can be flexible on.
- 27. Check out a book on simple science experiments your child can do at home. Try one together.
- 28. Get up early and take a walk around your neighborhood with your child today. Ask if the area seems different early in the morning.

Copyright © 2020 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by *Parents still make the difference!*® and *Helping Students Learn*® newsletters • 1-800-756-5525