

# 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. Encourage your teen to stand up and stretch after every 15 minutes or so of studying. Frequent stretches help teens study more productively.
- 2. The next time you drop your teen off at school for a practice or rehearsal, stay a few minutes and watch if possible.
- 3. Teens know their shortcomings. They need you to remind them of their strengths.
- 4. If your teen has strong opinions on an issue, suggest writing a letter to the editor of a local newspaper.
- 5. Ask your teen, "When you are choosing music to listen to, what is more important to you—the sound or the lyrics?"
- 6. Call out words from the dictionary during breakfast. See who can spell them.
- 7. Tell your teen about something you did in high school that you would do differently now.
- 8. See if you can find someone in a career field that interests your teen. Could your teen interview this person or shadow them at work?
- 9. Ask your teen, "What is one thing you have never done that you would really like to do?"
- 10. Avoid saying, "I know how you feel." Teens believe their feelings are unique.
- 11. Encourage your teen to record "A day in the life of our family." Your student can take video or pictures, or write down notes.
- 12. Mention things you like about your teen's friends.
- 13. Ask what time period in history your teen would like to live in, if it time-travel were possible.
- 14. Encourage your teen to do a good deed for a neighbor or a teacher.
- 15. Help your teen focus on the positive aspects of failure. It teaches what not to do next time.
- 16. Play board or card games as a family tonight.
- 17. Make library trips a regular part of your family's schedule.
- 18. Does your teen have too much free time? Together, look into local volunteer opportunities.
- 19. No assignments? Have your teen use study time to review.
- 20. Challenge your teen to keep track of social media use today and write down how it affects your teen's mood.
- 21. Give your teen this important message: *Not* everyone is sexually active.
- 22. Look for a movie your teen might like that's based on a book. Read the book together before watching the film.
- 23. When your teen is making a decision, discuss the pros and cons of *all* available choices.
- 24. Help your teen sort through souvenirs and other keepsakes. Suggest that your teen make a scrapbook of favorite items.
- 25. Ask your teen to invent a law that should be passed.
- 26. Help your teen use small chunks of time to study or review.
- 27. Give your teen your last five grocery receipts. Ask, "What is the average amount we spend per visit?"
- 28. What country does your teen think it would be fun to visit? Find a book about it and encourage your teen to read it.
- 29. Check with your teen's counselor. Is your student on track to graduate? If not, what does your teen need to do to get there?