

# Daily Learning Planner

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



THE  
**PARENT**  
INSTITUTE®

## February 2024

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

- 1. Watch a TV commercial with your child. Talk about the techniques advertisers use to influence people.
- 2. Encourage your child to combine fitness and reading by listening to an audiobook while exercising.
- 3. Help your child set priorities when studying. Which assignment is most important? Due first? Most difficult?
- 4. Tell your child about something you did in middle school that you would do differently now.
- 5. If you hear a compliment about your child, be sure to pass it on. Middle schoolers need positive feedback.
- 6. Talk with your child about some ways people can learn from their mistakes.
- 7. Help your child see the good in others. Focus more on people's strengths than their weaknesses.
- 8. Have your child write a Valentine's Day message to someone who is sick or lonely and mail it to that person.
- 9. Does your child have assignments to do over the weekend? Make sure your student schedules time to complete them.
- 10. Visit a new place with your child, such as a marina or town hall.
- 11. Help your child research careers of interest. What skills or education are required for each?
- 12. Have your child estimate how many bowls of cereal can be poured from one box. Keep track until the box is empty.
- 13. Teach your child how to read a road map.
- 14. Serve your child's favorite breakfast today just to say, "I love you."
- 15. Ask your child to organize the books in your home.
- 16. Talk about stereotypes with your child. Discuss why they're unfair.
- 17. Ask your child to make a graph of family habits. How many hours does each person sleep in a week? Who reads the most?
- 18. Talk about a familiar place. Can your middle schooler figure out which direction it is from your home?
- 19. Exercise your child's memory. Ask, "Do you remember what you ate yesterday? The day before?"
- 20. Remind your child never to share passwords with friends.
- 21. Ask your child, "Is there anything you wish you understood?" Then, research the topic together.
- 22. Challenge your child to create an original cartoon character. What would it look like?
- 23. Set aside some time to spend one-on-one with your child today.
- 24. Enjoy an outdoor activity with the whole family today. Then, come inside for a cup of hot chocolate.
- 25. Ask about a book or article your child read recently.
- 26. If your child gets headaches when reading or holds books too close, schedule a vision check-up.
- 27. With your child, think of as many city nicknames as you can: Windy City (Chicago), Mile High City (Denver). Then, look up some more.
- 28. Listen to a piece of music that has no lyrics. Challenge your child to write some.
- 29. Let your child make a decision for the family today.