

Daily Learning Planner

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

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THE
PARENT
INSTITUTE®

July 2025

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

- ☐ 1. The Fourth of July is coming. Make plans now to spend time that day with your teen.
- ☐ 2. Suggest that your teen practice writing a college application essay. Essay prompts for the Common Application are available online.
- ☐ 3. Compliment something your teen is doing well this summer.
- ☐ 4. Read the Declaration of Independence with your teen today. Talk about why it was written.
- ☐ 5. Will your teen need a medical exam before school resumes? Make an appointment now.
- ☐ 6. Involve your teen in a gardening project. Ask your student to help you decide what to plant.
- ☐ 7. Help your teen find a "beach" book to read outside on a sunny day.
- ☐ 8. Talk about safety with your teen. Review simple first aid.
- ☐ 9. Watch a movie together that your teen loved as a child. What does your student notice now that wasn't as obvious before?
- ☐ 10. At dinner tonight, share a wish or a dream with your teen.
- ☐ 11. How is the summer reading going? Check with your student.
- ☐ 12. In the summer, teens often feel peer pressure to try alcohol. Talk to your teen about ways to say *no*.
- ☐ 13. At dinner, ask family members to tell the funniest things that happened to them today.
- ☐ 14. Be tourists in your hometown today. Visit a local historic site with your teen.
- ☐ 15. Is your teen getting bored? See if your library or community center needs volunteers. Check with other local organizations, too.
- ☐ 16. Let your teen help you make a family chore chart. Everyone can check off jobs as they finish them.
- ☐ 17. Ask your teen's opinion about a family decision.
- ☐ 18. Is your teen turning into a summer couch potato? Limit screen use and encourage outdoor activity.
- ☐ 19. Ask your teen, "Do you feel you can talk to me about topics that are important to you?" If the answer is *no*, ask, "How can I change that?"
- ☐ 20. Find a book your teen might enjoy. Suggest that your student read through it to find quotes that would be great on a T-shirt.
- ☐ 21. Have your teen put on sunscreen before spending time outdoors.
- ☐ 22. Correct your teen in private, not in front of peers.
- ☐ 23. Share something new you've learned with your teen.
- ☐ 24. Have your teen look out the window and draw the view.
- ☐ 25. Adequate sleep not only supports school success—it may keep your teen alive. One in six teen drivers report driving drowsy.
- ☐ 26. Look for a movie that's based on a book. Read the book with your teen before watching the film.
- ☐ 27. Teach your teen strategies for resolving conflicts, such as "Comment on the problem, not the person." Name-calling won't help.
- ☐ 28. If your teen feels stuck and thinks that nothing will ever improve, offer a reminder that even small changes can make a big difference.
- ☐ 29. Ask what activities your teen enjoys doing with you.
- ☐ 30. Be doers rather than observers. Play a sport together today instead of watching sports on TV.
- ☐ 31. Get up early and watch the sunrise with your teen.