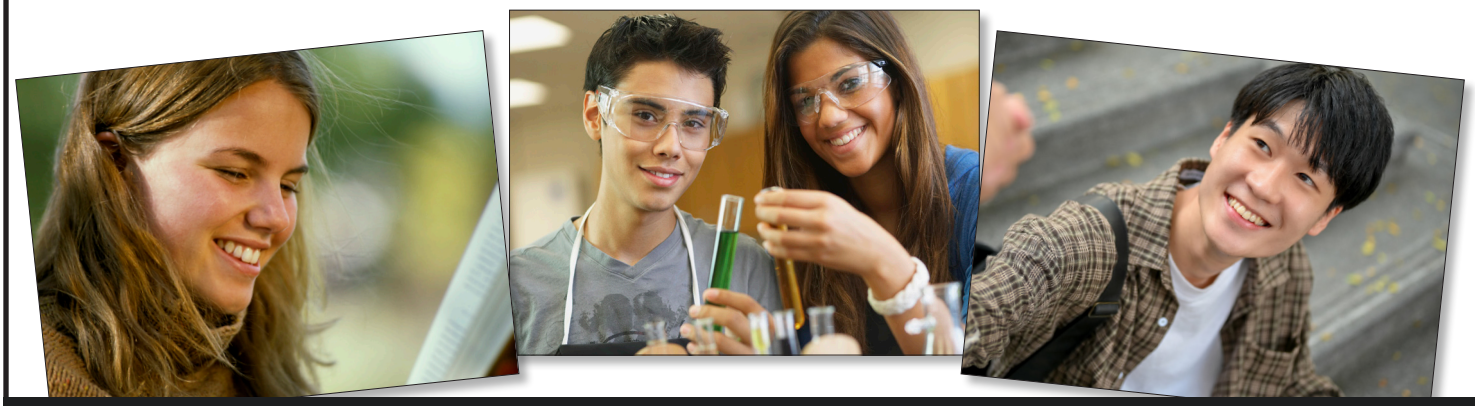
High School

Daily Learning Planner

Ideas families can use to help students do well in school

Ferguson - Florissant School District



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. Make a family commitment to read for at least 20 minutes every day.
- ❍ 2. Experience is a great teacher. As long as it's safe, replace the phrase "It won't work" with "Why not try it?"
- ❍ 3. Let your teen invite some friends over for dinner one night.
- ❍ 4. Did your teen earn money last year? Help your student get a tax form and file it.
- ❍ 5. Does your teen want to talk? Stop what you're doing and listen.
- ❍ 6. Have your teen make diagrams, time lines or flash cards when studying. Visual study aids can make information more memorable.
- ❍ 7. Ask your teen to plan a family activity and make all the arrangements.
- ❍ 8. Is your teen learning a new concept in math or science? Suggest searching online for related videos.
- ❍ 9. Urge your teen to strive for "personal bests" and to avoid comparisons with others.
- ❍ 10. It's Women's History Month. Help your teen find a biography of a an inspiring woman.
- ❍ 11. Keep talking about school. Every day, ask what your student is doing and learning about.
- ❍ 12. Cut the title off a news article. Have your teen read the story and give it a title. Compare the two titles.
- ❍ 13. Enjoy a special snack together. Discuss your teen's short- and long-term goals.
- ❍ 14. Learn a fun tongue twister. At dinner, challenge family members to repeat it three times fast.
- ❍ 15. Talk with your teen about what makes you happy and what causes stress in your life.
- ❍ 16. Ask what your teen thinks would be the most rewarding aspects of being a parent. Share your own thoughts.
- ❍ 17. Have your teen tell you how to get from one place to another. Follow the directions together. Are they correct?
- ❍ 18. Encourage your teen to try something new, like writing a song or making a sculpture.
- ❍ 19. Go outside for some exercise with your teen.
- ❍ 20. Memorize something with your teen today. Try a poem or a quotation.
- ❍ 21. Ask your teen, "What do you think you'll care most about when you are 25?"
- ❍ 22. Share stories with your teen that convey your values and your family's history.
- ❍ 23. Watch an educational TV show with your teen.
- ❍ 24. Teach your teen to keep a spending record. It should include dates, prices, what was bought, and who your teen was with at the time.
- ❍ 25. Start a family book club. Give each person a turn making a selection.
- ❍ 26. Remain calm when your teen overreacts. Set a time to talk later when you both are in control.
- ❍ 27. Look over a completed assignment and ask questions to help your teen review.
- ❍ 28. Encourage your teen to write a nice note to a friend today.
- ❍ 29. Keep reading material in the car. When you're driving and stuck in traffic, have your teen read to you.
- ❍ 30. Share some memories with your teen.
- ❍ 31. Suggest that your teen look for a new book by a favorite author.

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